



BoatShed Bulletin

Volume 7, Issue 2

March 2005

Annual Dinner

*** Change of Date ***

Saturday 21st May 2005

**Please note the change of date
in your diary.**

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Senior Women—What a team!

Working Bee Thanks

A note of Thanks to those who put in the effort to help out at our Working Bees. Without your help there would be many jobs left undone. As with all clubs, it is with the help of our members that we manage to keep repair and maintenance costs down.

TORRENS RC FUNCTION ROOM

ARE YOU LOOKING FOR A VENUE FOR:

- BIRTHDAYS
- CHRISTMAS FUNCTIONS
- CORPORATE FUNCTIONS
- PRESENTATION NIGHTS

OR ANY OTHER TYPE OF FUNCTION?



TORRENS ROWING CLUB NOW HAS FACILITIES LICENSED FOR 150 PEOPLE

FEATURES INCLUDE:

- FULLY STOCKED BAR
- CATERING FACILITIES
- FULLY RETRACTABLE CONVERTINA DOORS ONTO THE NEW BALCONY

FOR MORE
INFORMATION ON
HOW TORRENS RC
CAN HELP CATER
TO YOUR
FUNCTION NEEDS,
CONTACT THE
SECRETARY DAVID
NEALL ON
8223 4428

Captain's Report - Roly Dankbaar

State Teams

All of our members will no doubt be proud of the Torrens Rowing Club athletes who have been selected for the South Australian state rowing team to compete in Penrith in mid March. We wish Maja Fiddler, Women's Youth Eight, Jared Schar, Men's Youth Eight, and Beau Gora, Men's Lightweight Four an exciting time away as well as the best of luck in their racing. There are many past champions at Torrens who will know exactly what they are experiencing and remember with fondness the fun, the friendships and the rivalries of their own expeditions.

Working Bee

What a turnout! Nearly all Torrens members contributed to one of three working bees held in January to catch up some much-needed maintenance and tidying. The main achievements were a thorough clean of the Torrens Lake shed, painting of oars in traditional club stripes, the overhauling of three wooden boats as well as four West Lakes racing shells and the reconditioning of the boat trailer (the final paint job was kindly donated by Lizzy and Colin Davies).

Thankyou to all of those people who worked so hard and especially the group of TOMS rowers whose ongoing work has seen the restoration of those Torrens Lake boats completed.

I invite those people who, for whatever reason, missed the working bees, to make their contribution to our club in the coming weeks.



Regattas

We are now in the busiest phase of the racing season and have enjoyed a high rate of participation from Torrens rowers and a number of racing successes. Well done to all our senior rowers for their efforts at the recent State Championships held at West Lakes. Congratulations to Beau Gora and Jarrad Schar, who managed to row through and hold off a strong field of crews in the State Championship Youth Men's Pair race. Also to our senior women who turned out in force, with Annalise and Ashlyn Johnson successfully defending their Junior Pair title, and SASI scholarship holder Maja Fiddler giving a strong performance in the Lightweight Scull. The girls followed up in style the next week to win several events at Murray Bridge. Our beginner rowers, the "Torpedos and Turbos", have almost all won their way out of that class and are beginning the ultimate rowing journey, in the hallowed ranks of the masters.

There are plenty of veterans donning the red and white at regattas and maintaining a friendly battle with Riverside. One quad scull race in February saw two Torrens masters crews provide the closest race for months, with the over sixties holding off the over fifties by half a bow-ball.



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

Captain's Report - Roly Dankbaar continued....

Fallen Angels

Haven't been down to the club for a while?

We WOULD like to see you, maybe for a row, maybe for a drink on a Thursday night, or maybe at one of the club functions. And no, we won't go on about how slack you've been by not coming down for so long.

Too many TRC members missed a delightful "Cocktail Night" at the Torrens on February 26. Shirley and Anne decorated the clubhouse splendidly, Simon and Sally provided delicious nibbles, and the Adelaide Symphony Orchestra chipped in from across the road with a finale of fireworks and the 1812 Overture. The fifty or so people who attended had a wonderful night and supported our hard-working committee in their efforts to raise the many thousands of dollars needed each year to run our club.

New Boat

The TRC committee have decided to delay until September the delivery of our new JR coxed/coxless quad/four shell (try saying that ten times quickly). This boat will be a highly valued addition to our fleet; giving its TRC crews a competitive edge, as well as simplifying boat transport needs. The eventual christening of this locally built craft, will reveal to us all significant technological innovations as well as advances in weight, stiffness and finish.

Our rowers have already begun using the four new sweep oars and four new sets of sculling blades purchased by the TRC Committee in January.

And the best news of all for me, is that we continue to have no major breakages of equipment – nice going, everyone!

West Lakes Shed Lease

The TRC committee are currently in the final stages of negotiations for the other half of our West Lakes bay vacated in 2003 by Wilderness School. The signing of the lease has been a long and difficult process, with the committee needing to



weigh up another large financial commitment for the club against the outstanding boatshed facility it gives the club for the future.

Cross Training

Feel like some different exercise? Cross training is where rowers use exercise other than rowing to enhance their performance in the boat. Some of the most effective cross training exercises for rowers are cycling, weight training and stretching. But of course, these forms of exercise cannot substitute for miles in the boat and on the ergometer (rowing machine).

Cycling is great for building your leg power as well as your cardiovascular endurance. As a form of transport, it can also provide a good warm up and cool down before and after training, study or work.

Weights are a measurable way to strengthen the legs and torso (core stability).

Stretching exercises provide the flexibility required for longer rowing strokes and counters the shortening of muscles caused by power activities, thereby helping you to avoid injury.

If you are also having difficulty with motivation, why not join a gym, where someone else is given the task of driving your body?

Gym instructors, such as Anton at the Boatshed Gym, can create a specific program for you and use successful psychological tricks such as emotional blackmail and personal ridicule to keep you accountable. Or if you like moving in groups to music (and don't all rowers like that), many larger gyms around Adelaide have classes designed to make stretching, cycling, or weight training fun. The best established of these are 1 hour classes designed by Les Mills and include "Body Pump" (weights), "Body Balance" (stretching) and RPM (Raw Power in Motion, indoor cycling).

The Season Draws to a Close – Winter Training

Some of our rowers took their winter break early.....during summer! Winter is the perfect time for rowers to set up for a brilliant season in 2005/2006. Those cold days are ideal for becoming the athlete you want to be. Imagine the satisfaction of hitting that first regatta feeling super fit and ready to enjoy. Start planning it now, and then make it happen. Chances are, the rest of your crew will be inspired to join you.

Happy Rowing



Members of the MW8—Terry, Cath, Donatella and Shiela

Entertainment Books

We will again be selling the popular Entertainment Books this year, to raise much needed funds for our club.

They make a great gift idea—or buy one for yourself and save a bundle on dining out, accommodation and entertainment venue costs.

Order one now from Bianca Halliday so you don't miss out!

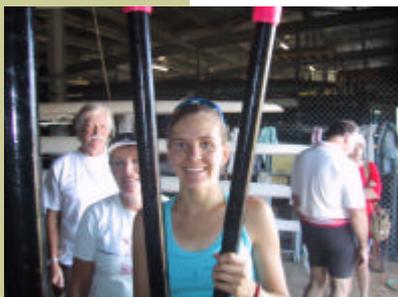
Secretary's Report - David Neall

The last two months have been a very busy time at the club, particularly "on the water". With the State Championships completed, its congratulations to our younger members, both men and women. Jarod Schaar and Beau Gora, both SASI scholarship holders took the honours in the junior mens coxless pair. The "twins" Annelise & Ashlyn Johnson were successful in the junior women's coxless pair.

The club will also be well represented at the upcoming National Regatta with, Jarrod, Beau, Emma Zwar, Annelise Johnson & Maja Fiddler competing in various combinations.

Needless to say, the closure of the Torrens Lake has put a damper on the training regime of our masters group, and our WEA and intermediate classes have been put on hold until the situation improves. Hopefully the algae problem will be resolved in the near future. From a club administration level, we are currently negotiating with SARA as regard the future lease arrangements of the southern bay of our shed at West Lakes. Such an undertaking will have a **very significant** impact on our finances, and the committee is very mindful of our need to grow the membership by way of extra facilities, but also conscious of our current financial position.

I look forward to seeing you all at the Annual Dinner in May, and may your next stroke be always better than your last one !



Debra after her 3W1x



Kevin gives his adoring fans a wave!

Important Notice

If you use the clubrooms on the Torrens, please make sure all doors and windows are locked and the alarm is on if you are the last to leave.

This is vitally important now that our clubrooms have been upgraded



Rower Profiles



Full Name	Emma May Elise Zwar	Annelise Claire Johnson
D.O.B	7/12/88	05/02/87
Do you have any kids?	No	No
How long have you been rowing for TRC	5 months	2 years
What are your hobbies	Don't know	Painting, swimming and reading
Your favorite Cartoon character	Chief Wiggam from Simpsons	Sailor moon
Your Favorite Take away food	Indian	Subway
Ever met anyone famous?	No	Not sure
Chocolate or vanilla?	Chocolate	Chocolate
Favorite drink?	Banana Smoothie	Baileys
The last CD you bought?	Phantom Planet	Good Charlet
Did you vote in Australian idol?	No	No
What is your opinion on the wave particle theory of light?	I have no idea!!!	Say that again!
Favorite excuse for missing training?	I've never missed training	I am staying at someone else's place
Favorite reality TV show?	Amazing Race	Temptation Island
Ever been arrested?	No	No
What is your restaurant tip for Adelaide?	Madam Woo's	Fresh
Who would win in a fight between Batman and superman?	Superman	Batman
Would you sign a petition to bring back Roger Ramjet to prime time TV?	No	Yes
Which Mr Men Character best describes you?	Mr Happy	Mr Happy



2004-05 Regatta & Social Calendar

MAR 2005	19	School & 2nd Grade State Chaps	West Lakes
APR 2005	2	Head of the River Qualifying Regatta	West Lakes
	9	Head of the River	West Lakes
	16	3rd Grade State Champs	West Lakes
MAY 2005	7	SA Masters State Champs	West Lakes
	21	TRC Annual Dinner	TRC Clubrooms
AUG 2005		Quiz Night—Date to be advised	TRC Clubrooms



MW4 in their favorite boat

*Members
 Why not join us on
 Wednesday morning
 for Coffee and cake,
 or on Thursday eve-
 nings for drink. Bring
 a friend and enjoy
 the lovely Balcony
 view!*



Learn more about Beau on pages 6 & 7!

The Committee
 President:: Ian Russell
 Captain: Roly Dankbaar
 Vice-Captain: Marco Lippis
 Treasurer: Anne Lippis
 Secretary: David Neall
 Coachs' Rep: Phil Blesing
General Committee
 John Tonkin, Clara Tonkin,
 Shirley Willis, Bianca Halliday,
 Dianne DeBellis, Jan Ferguson.

TORRENS ROWING CLUB



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 ADELAIDE 5001
 Victoria Drive, Adelaide
 Military Road, West Lakes



Is that Phil,
 or would it
 be Phil?