



BoatShed Bulletin

Volume 7, Issue 3

May 2005

Annual Dinner 2005

This was a night to enjoy, from the fun-loving mood created by Francis and Marco, to the stunning appearance of the boathouse, but most of all, for the wonderful spirit of togetherness of all who attended.

Members from all parts of the club, with their friends, were generous in their celebration of the many rowing achievements. And on show late in the night, was the superior stamina of the younger members, a large gathering at the bar, revelling in their friendship.

Congratulations to the award winners: Beau Gora (Most Conscientious Club Member), Francis Willis (Outstanding Service), Emma Zwar (Best 1st Year), Anna Collins (Most Im-

proved), Hester Tilmouth (Most Successful Coxswain), Maja Fiddler (Best Lightweight Rower), Terry Brown (Walsh Shield), Roly Dankbaar (Most Successful Master), Karen O'Keefe (Most Improved Master), Annelise & Ashlyn Johnson (Most Successful Rower) and Jared Schar (Best Senior Rower).

It was a great celebration of the TRC season that was, and a credit to the organising committee. My special thanks to those who set up, cleaned up, and moved all of the gym equipment.

Roly Dankbaar

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TRC Club Award Winners for 2005

Roly's speech @ the Annual Dinner



Captain's Report - Roly Dankbaar

The Defining Moment For Athletes Seeking Rowing Success

Hoping for a big season next summer? Forget hope – NOW is the time to set realistic goals, link up with other like-minded athletes, and organise your life to make it happen!

Phil Blessing and Andrew Stunnell are preparing programs for three levels of involvement in the forthcoming rowing season

1. Leisure Rowing - 2 sessions per week, either in the boat or ergo
2. Competition Rowing – 5 sessions per week, some regatta involvement
3. Elite Rowing – 9 sessions per week, aspiring for state selection

These training programs will be available to athletes in all TRC senior and masters squads.

Your winter program could have you in top shape by October, the time when the Seniors can get off to a confident start in local regattas, and Masters play host to the rest of Australia in the Masters Games.

The more rowers we have fit by October, the better the regatta results will be for everybody.

The moment is now. The choice is yours. Fat or Fit

State Teams and Nationals Success

All of our members will no doubt be proud of the Torrens Rowing Club athletes who were selected for the South Australian state rowing team to compete in Penrith in mid March.

Maja Fiddler, Women's Youth Eight (4th placing), Jared Schar, Men's Youth Eight (1st), and Beau Gora, Men's Lightweight Four (6th) distinguished themselves with outstanding performances for South Australia.

Also competing at the Australian National titles for Torrens were Annalise Johnson and Emma Zwar racing in the under 19 pair and brilliantly winning a gold medal in the under 19 fours. Maja won gold in a sensation filled under 23 lightweight double scull race. Jared won a bronze medal in the under 23 four. Beau rowed in the final of the under 23 lightweight double scull.

Our champions, we salute you!

Leisure Rowers

Those of us who row purely for health and friendship, suffered a setback with Torrens Lake closed for three months.

But now, once more, we can enjoy that magic feeling of the boat gliding among the ducks and reeds – tranquillity, right in the heart of the city. Rowers will notice that much of the rowing equip-

ment at the Torrens has been restored during the closure. Thanks to all those people who contributed to this, in particular Jim "spray-gun" Thomson.

I noticed that the TOMS (men's leisure group) moved their operations down to West Lakes during the Torrens closure, enjoying not only the high-quality racing equipment housed there, but also a sustained period of glorious weather.

New Committee

Winter is also a time of renewal for the administration of our club. The TRC AGM, coming up in a few months, will hopefully bring new energy to the leadership team. In particular, the club needs people with expertise in fundraising, grant-application and recruitment. There may be people with other strengths who are happy to contribute a few hours per month towards helping the club to better support for it's members. Ask me for more details if you are interested.

My Thanks For Your Support

I thank many of you for making my job as captain for this year so rewarding. In particular, I have valued your friendship and kindness, just saying "g'day" or "can I give you a hand?"

It is not unusual in sporting clubs for some groups of people to demand more of the available resources at the expense of others. That is rare at our club.

I have found Torrens Rowing Club to be brimming with a spirit of cooperation and energy, a place where people genuinely care for each other, a place that will prosper and grow.

I hope you are enjoying that too.

Happy Rowing

Roly Dankbaar

captain@torrensrowingclub.com



TORRENS RC FUNCTION ROOM

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ARE YOU LOOKING FOR A VENUE FOR:

- BIRTHDAYS
- CHRISTMAS FUNCTIONS
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- PRESENTATION NIGHTS

OR ANY OTHER TYPE OF FUNCTION?



TORRENS ROWING CLUB NOW HAS FACILITIES LICENSED FOR 150 PEOPLE

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TECHNIQUE TIPS - ROLES OF MUSCLES

When producing movement a muscle can function in one of several ways. It can act as an **agonist (prime mover)**, concentrically contracting (shortening) to produce the primary force required to achieve a desired action. For example, the **biceps brachii** acts as an agonist in flexing the forearm at the elbow. A muscle can also act as an **antagonist**, having an action opposite that of an agonist. For example, as an extensor muscle of the forearm the **triceps brachii**, is antagonistic to the biceps brachii. When the agonist muscle or muscle group contracts, movement at the joint is possible only if the antagonist muscle relaxes. This process is known as **reciprocal inhibition**. If the antagonist does not relax, the muscles are said to be in **co-contraction**, and uncoordinated movement may result and produce movement patterns characteristic of the novice athlete when attempting to learn a skill.

A muscle may also act as a **synergist** or a 'helper', contracting to enhance the efficiency of the agonist by

either directly helping to perform the desired action or indirectly helping by establishing a segment or preventing unwanted actions. For example, to abduct the wrist (radial deviation or moving the hand towards the thumb side) the **flexor carpi radialis** and the **extensor carpi radialis** muscles must work together to produce the desired lateral action while neutralising each other's unwanted action of flexion and extension. As a **fixator**, a muscle will act to stabilise a bone or body segment to enable the prime mover to act more efficiently. During push ups, for example, the abdominal muscles contract statically to prevent unwanted sagging of the pelvis and trunk and hyperextension of the vertebral column. It must always be kept in mind that, irrespective of the role played by a muscle, muscles can only pull on a bone, not push. For this reason muscles are found in functional pairs opposing each other, enabling a variety of movements to be performed.

Taken from Better Coaching, Advanced Coach's Manual

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 and there are new appliances and stock being stored in the clubrooms.

AGM

The AGM will be held on Sunday 14th August at 10am. We will be discussing the new membership fee structure among other things, so make sure you attend.

2nd & 3rd Grade State Championships

This year was quite uneventful for the younger Torrens members, unlike previous years. Unfortunately there was no success at the 2nd Grade State Championships and there was only 1 medal at the 3rd Grade State Champs. Congratulations to Annelise Johnson, Lara Casson, Emma Zwar, Ashlyn Johnson and Hester Tilmouth who won the 3rd Grade 4x+.

Masters State Championships

Yet again it was a beautiful sunny day for the South Australian Masters Regatta which was held at West Lakes on Saturday 7th May 2005. Masters Rowers from clubs including Torrens, Riverside, Goolwa and Pt Pirie came to take part. We all turned up for the regatta, enjoying the luxury of a whole day devoted solely to Masters racing.

Torrens had a few extra "stars" in their ranks namely Sally Newmarch and Bianca Halliday who were making their debut on the Masters "Circuit". Torrens managed to boat an entry in every category, a tremendous feat given the relatively small squad when compared to the "mighty" Riverside.

The racing started with the Women's single scull at 9 am, then came the men's sweep 4, the women's double, the men's 8, and by midmorning it was all happening. The day culminated in a tight mixed 8 race at 2.34 pm, where unfortunately the "red Barons" at Riverside managed to maximize their E grade handicap and take the gold medal from the C grade Torrens Crew who nonetheless performed well and won the medal for their age group.

Torrens managed to take home a total

of 14 medals – of which 7 were gold medals (winners of the State title for all age groups), and the other 7 were winners in particular age categories.

The highlights included:

- the B grade women's quad (Hennie, Bianca, Carmel, Karen, cox Terri R) taking the State title from "arch rivals" Riverside D – with Torrens off an 11 second handicap;
- the Women's C grade 8 (Juliet, Cath, Lizzy, Terry, Sheila, Marg Leanne, Ali, cox Karen) winning their age category, and for these relatively new rowers, taking home a medal; and
- the 2 men's quad crews – C grade – Roly, Simon, Ian and Andrew, and F grade – John, Lui, Bob and Ian R cox Rodney – each winning their races and gold medals.

There was an edifying "liquid" post-mortem at the bar after the races and then a few brave and fit souls managed to front up to the club as volunteers to assist with catering for the SARA presentation night.

Notwithstanding some dissatisfaction regarding the handicaps (which gave

some crews the chance to recite the Rubaiyat of Omar Khayyam prior to starting) it is fair to say that most had a satisfying day of racing, and enjoyed the thrill of being part of a squad that continues to grow and get better. It gave some rowers the chance to "test their metal" before heading north to Rockhampton for the Australian Masters Rowing on 3-5 June 2005.

Fourteen of our masters rowers travel to Rockhampton in June for the Australian National Masters titles, and one more is off later to Canada for the World Masters Games. We wish them luck.

The challenge is to keep the momentum over winter, and all Masters are encouraged to continue to take the opportunity of training both on and off the water, and to look towards preparation for the Australian Masters Games which is to take place in Adelaide in October 2005.

Well done to all.

Karen O'Keefe



medal in the Men's Under 23 pair and came 7th in the Under 23 coxless four. Beau unfortunately did not have as much luck, being a youngster in the open category. He came 4th in the Open Lightweight Coxless Four and 8th in the Open Lightweight Pair.

State Team selection was gained by Maja (Youth VIII), Jared (Youth VIII) and Beau (Lightweight Four). The Women's Youth VIII and Men's Lightweight Four both came 4th. The Men's Youth VIII took out the championship for the first time in 22 years in a time of 5:44.22. Coincidentally the last winning SA Men's Youth VIII crew also had a Torrens member in the boat (Mark McInerney, our Newsletter Sponsor).

National Championships

At the National Championships, Maja Fiddler made the finals of Women's Under 23 Lwt single, double and quad sculls winning the double scull Championship. Newcomer Emma Zwar teamed with Annelise Johnson and two MBBC girls to win the Under 19 Womens Four Championship (pictured below).

For the Men, Beau Gora (pictured left) and Jared Schar both attended the National Championships. Jared won a bronze



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TORRENS ROWING CLUB

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



The 2004-2005 Committee

President:: Ian Russell

Captain: Roly Dankbaar

Vice-Captain: Marco Lippis

Treasurer: Anne Lippis

Secretary: David Neall

Coachs' Rep: Phil Blesing

General Committee

Clara Tonkin, Shirley Willis,
Bianca Halliday, Dianne DeBellis,
John Tonkin, Jan Ferguson.

Committee Meetings

2nd Tuesday of the month
7.30pm at the Clubrooms

Next meetings

14 June

12 July

All members welcome.

Do you want to help TRC move forward? If so, you may be interested in becoming a TRC Committee Member. Nominations will be asked for at the AGM in August, so start thinking about it and perhaps you too could leave your mark on TRC.

Newsletter Sponsor

McInerney Financial Solutions

Mark McInerney is a Financial Planner and Superannuation expert. He rowed for Torrens in the 80's. He was in the last winning SA Men's Youth VIII crew in 1983 and represented Australia in 1985 and 1986.

Life Membership

Life Membership Nominations will be heard at the June Committee Meeting. If anyone has any nominations they would like to put forward, please contact the Secretary ASAP. Submissions should be received prior to the scheduled meeting date of 14th June. It would also be helpful to the committee if those members nominating someone for life membership could attend the committee meeting to talk to their motion and state why they believe the member should be given 'Life Membership'.

From the Secretary

Whilst pondering over my contribution to this edition of the bulletin, I chose to reflect on the season past, and reminded myself of a quote from a recent novel I have just read. It goes like this,

“ Rowing – is a great training ground for real life, in the sense that you are taking something that is essentially simple and perfecting it. ”

That said I can assure you that your committee have not taken the simplistic approach over the past season in respect to the administration of this great club. You will have read elsewhere that your club has negotiated for the full lease of the bay at West Lakes. This is in itself, no small undertaking, when coupled with the financial commitment for the renovations. To undertake yet another financial burden, some would say was foolhardy; however, all investments are usually made on the premise that the return will, in time, make the initial outlay seem a pittance.

Speaking personally, but in the knowledge that my opinion is shared by the committee, we could not as custodians, pass up the opportunity to secure the club's future and enhance our position as a “senior” boat club, within the state and rowing community at large. The committee therefore, has

had to seriously address the financials and I say to you that the fees, having been stable for a number of years must increase. When informed of the upcoming fees, I earnestly ask that you consider the following

- Everyone on the committee and others co-opted are **volunteers** – with the exception of the coaching staff (paid coaches are a reality) – that's right, no one is getting rich on the fees you pay
- Consider what would it cost to be a member of a club where you would utilise equipment and facilities that are available to you as a member of this club

Notwithstanding, the decision to enter into considerable debt for the renovations has meant that the club can now, and I report with ever increasing success, offer our facilities to the general public which is now in turn contributing to the “bottom line”. A similar approach must be taken with respect to the increased rack space at West Lakes. There is a recreational rowing market sector in the community and we at Torrens are “open for business”, when it comes to storing private craft at a premier facility with guaranteed security and ease of access.

If you are a keen observer,

you will have noticed that there is dynamism within the club and committee. A classic example of this “professional and energetic approach” was the occasion of the Annual Dinner. Never have I seen the club presented in such a light – the committee, the active rowing groups, all contributed to a classic event – worthy of any boat club.

The next major event will be the Annual General Meeting. I urge all of you to attend, **this is your chance to have your say – without fear or favour – it's your club.** For some, your contribution is, to help when called upon and long may you continue. However, for the adventurous souls out there, the lure of committee work may work its magic on you and you may wish to nominate and join us – as I said before, you don't have to be clever – (look at the secretary!) – just keen to be part of a great group of people, a la “rowing tragics”

As I said in my opening remarks – all we are doing is taking something simple and trying to perfect it .

Events

August - Annual
General Meeting,
Quiz Night

Wednesday morning
breakfasts from 7:30
til 9am

Thursday members'
nights from 6:30pm
onwards

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

TORRENS ROWING CLUB

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

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