



BoatShed Bulletin

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Opening Day

In keeping with tradition the Sunday prior to the first regatta in October is the date for the club's traditional opening of rowing season.

Many members, friends and family attended along with representatives from Adelaide Rowing Club, Adelaide University Boat Club and Riverside Rowing Club.

Club Patron, Lindsay Southcott officially opened the day, while President Ian Russell, acknowledged the support given by certain members and supporters of the club during its renovations with the inception of the Foundation Membership.

Guest Speakers for the day were Athens Rowing Olympians Sally Newmarch (TRC) and Amber Halliday (AUBC). Captain Roly Dankbaar interviewed the girls on their Athens experience and played a video of the girls' heat and final. This was the first time either of them had seen the TV coverage of their race, and the disappointment was still evident in both of their faces.

In spite of that everyone is proud of their achievement and gave three cheers for the girls.



Andrew Stunnell and Amber Halliday at the club's Opening of the Season

Ian Russell also gave an Honorary Membership to Sally for the coming season, in the hopes that she'll still be seen around the club at functions and fundraisers. A good day was had by all, along with a few dollars made over the bar.

Later that same day, Adelaide Rowing Club held their Opening, with a number of TRC members reciprocating the healthy respect between the clubs by attending.

More pictures can be seen on the website: www.torrensrowingclub.com



Sally with Annabelle Neall, one of her many fans at the club's Opening of the Season

Captain's Report - Roly Dankbaar

Regatta Season Under Way

The regatta season is on like never before with ten regattas being held before Christmas instead of the usual 3 or 4. I'm sure that it's been a hectic time for all competing rowers.

Torrens Rowing Club crews have featured at all three of the regattas on the Torrens and the first of the West Lakes regattas. I'm sure that many of the long-time members of our club will be thrilled to know of the many new Torrens people who are boating up in races. With at least 25 new rowers wearing the red and white hoops at regattas, the game of "Where's Wally" is just too easy.

Congratulations to all four beginners crews on both their rowing efforts and the fun with which they participate. Thank you to Francis, Bill, Jeff and Bryan who have nurtured many of these rowers from their WEA beginnings and through winter to arrive at regattas with a high level of competence.

We are also fortunate to welcome to our new club members in the Senior Women's and Men's squads, as well as the Masters Women's and Men's squads. Each of them walks into the boathouse with special personal qualities and enthusiasm for the sport that refreshes us all.

The Women's Senior squad has been training at West Lakes under Phil Blessing with assistance from Brian Dalton and Bianca Halliday. Somehow this cohesive group of girls have juggled training, exams and participation in the Christmas Cup rowing events, in preparation for an exciting season.

The Senior Men's squad have been given a tremendous boost with the appointment of Phil Mangelsdorf as their coach. Phil

has had a long and distinguished association with Torrens, and brings a wealth of coaching experience to the Men's squad. The boys have based themselves at the Torrens and have steadfastly maintained their training through busy times. The Women's Masters squad has made an awesome start to the regatta season, chalking up a number of wins with only five rowers. I'm tipping the numbers in this group to greatly increase over the next year. With such talent, the boating of a girl's eight will be most impressive. Crews from the Torrens Men's Masters squad have been successfully chasing down other crews at regattas, highlighting good fitness and strong numbers. This group has enjoyed the efforts of Jeff Davison, who moves on shortly to begin his next rowing adventure in Perth. The Men's Masters have their eyes firmly set on the Australian Championships in Rockhampton in June, 2005.

Regatta Organization

As the season wears on, regattas are going to become larger and more intense, requiring exceptional organization from all of us.

Make sure everybody knows what is to happen.

Entries need to come to me via Phil B, Phil M, Karen and Ian on the Thursday, 9 days before each regatta. Scratching of crews must all go via me, and cannot be done after the Wednesday immediately before the regatta.

Crews need to be getting organised and warming up a full hour before their race.

If you are always the last to arrive for rowing, maybe it's time to be the first.

The loading of boats is only fun when

shared by the whole assigned team: 20/11 Senior Women, 4/12 Senior Men, 18/12 Masters. Please do your bit.

Looking After Our Boats

Rowers are clearly taking more care, as there has been little or no damage to boats over the last couple of months. That's great.

I'm going to ask crews to go the extra step of washing their boat and oars after every row. Please place your boat on trestles, clean the hull and the slides, and then finish up by towelling down the hull.

Please keep using the whiteboards to notify any breakages.

New Equipment

The new quad/four continues to be our priority.

The donations tin kept in the bar area over the last four months was recently opened to revealwait for it.....\$140. At that rate, and allowing for the \$5,000 grant already put away, we should see the new boat in the year, 2034. Hmm...I'll be in J grade then.

Over the next few months, please give your support to the new-boat fundraising effort of the committee. With such a large number of competing rowers, we need this \$19,000 boat on the water..... by February!

Good luck keeping your fitness up over Christmas, and happy rowing.

I can be contacted via email on:

captain@torrensrowingclub.com

November Boatshed Bulletin is proudly sponsored by Dr Luigi Lippis

Dr Luigi Lippis

Dentist

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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
- BALCONY LOOKING OVER THE TORRENS TOWARD ST. PETERS CATHEDRAL.

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

WALSH SHIELD

The Walsh Shield has taken on a revised format this year.

In an attempt by the committee to resurrect the clubs largest annual trophy on offer, the Walsh Shield will be held over three events this season.

The first Thursday night in November, December and February will be the running of the Shield.

The bar will be open, and hopefully the weather warm, so viewing from the balcony with a drink in hand should make for a very relaxing Thursday evening.

The first round of the Walsh Shield was very successful, with many members attending and around 30 participating in the 'luck of the draw' event. As a member of the committee it was very reassuring to see so many people racing and watching the new format of the Walsh Shield.

There were three heats and a final to decide the winning crew for round 1. The winners were: Ben Newbery, Ian Robertson, Terry Brown & Candice Marcus.

Everyone had a good time and continued to prop up the bar afterwards by having a few social drinks with friends.

With the first round already run, be sure to enter in the next two rounds, because you've 'gotta be in it to win it'.

Entries can be emailed to the Secretary at:

secretary@torrenslowingclub.com



AVAILABLE MERCHANDISE

- * Club Zootie (Oarsome)
- * Club Singlet (Oarsome)
- * Club Polo Shirt (Red or White)
- * Torrens Crew bonds style T-Shirt
- * Torrens Crew loose fit T-Shirt
- * Club Hat (Red or White)
- * Bucket Hat (White)
- * Club Blazer
- * Club Tie
- * Car Sticker
- * Club Badge
- * Rowing Badge

Check out the website for pictures and an order form.
www.torrenslowingclub.com

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.

CASH FOR CHRISTMAS

You would have noticed that we have included 2 raffle books with this edition of the Boatshed Bulletin. We are asking all members to sell these tickets and return them to the club by Thursday December 16th. All funds raised will go towards the new 4+/4x+ that we are looking to order by the end of the year. The prizes are: 1st - \$600, 2nd - \$200, 3rd - \$100, 4th & 5th - \$30, with a bonus of \$100 for the member that sells the most tickets. The raffle will be drawn at the Christmas Reunion on December 19th and winners will be notified by phone, if they're not present on the day.

If you have any queries, want more tickets to sell or want to return sold ticket stubs, please contact Bianca Halliday on 0419 832 873, or email bnhalliday@chariot.net.au.

2004-05 Regatta & Social Calendar

NOV 2004	20	Murray Bridge Regatta	Murray Bridge
	27	Round the Island Regatta	West Lakes
DEC 2004	4	Berri RC Riverland Regatta	Berri
	5	Berri RC Riverland Regatta	Berri
	11	SARA Regatta	West Lakes
	18	Adelaide RC Twilight Regatta	Torrens Lake
	19	TRC Christmas Reunion	TRC Clubrooms
JAN 2005	29	SARA Regatta	West Lakes
FEB 2005	5	Mannum RC Regatta	Mannum
	12	1st Grade State Champs	West Lakes
	13	1st Grade State Champs	West Lakes
	13	State Champs Party & BBQ	TRC Clubrooms
	19	Murray Bridge BC Regatta	Murray Bridge
	26	Port Adelaide RC Regatta	Port Adelaide
	26	Cocktail Party Fundraiser	TRC Clubrooms
MAR 2005	5	Schools & Master Regatta	Torrens Lake
	12	National Championships	Penrith, NSW
	19	School & 2nd Grade State Chaps	West Lakes
	19	Quiz Night Fundraiser	TRC Clubrooms
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
	14	TRC Annual Dinner	TRC Clubrooms

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TORRENS ROWING CLUB

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



The 2003-2004 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.



Committee Meetings

2nd Tuesday of the month
7.30pm at the Clubrooms

Next meetings

14 December

11 January

All members welcome.

The Notion of Skilled Performance and the Skilled Performer

Skilled performance is:

... The learned ability to bring about predetermined results with maximum certainty often with a minimum outlay of time or energy or both. Knapp (1963)

... A complex, intentional action involving a whole chain of sensory, central and motor mechanisms which through the process of learning have come to be organized and coordinated in such a way as to achieve predetermined objectives with maximum certainty. Whiting (1975)

The skilled performer is the one who:

- Selects responses which are highly appropriate to environmental demands
- Has all the time in the world
- Reacts rapidly but in an unhurried manner
- Produces movements which are both smooth and highly efficient
- Reads racing situations or patterns extremely well
- Is extremely well organized
- Makes responses identical to those of the ideal model of performance
- Makes highly consistent responses yet can adapt to meet novel demands
- Responds in a way which fulfils the objectives of the task

Taken from 'Better Coaching', 1997

Cooking for High Performance

TUNA RICE RING

Not only high in carbohydrate, but a valuable source of high quality protein and healthy fish oils.

Nutritional data per serve: Energy 1625kJ (388kCal), Protein 35g, Fat 9g, Carbohydrate 42g, Dietary Fibre 3g

- 1 x 425g can tuna in spring water
- 1 1/4 cups unsweetened tomato juice
- 1 cup rice
- 1 onion, chopped
- 2 zucchinis, thinly sliced
- 4 eggs, beaten
- 2 tablespoons chopped dill

Drain tuna, retaining liquid. Make liquid up to 1 1/2 cups with tomato juice and place in a bowl with the rice. Cover and microwave on High for 7 mins. Stir in onion and zucchini and continue to cook for about 5 mins or until rice is just tender. Cool.

Stir tuna, eggs and dill into rice and spoon into a lightly oiled cup microwavable ring mould. Cover and microwave on Medium-High for 10-12 mins or until almost cooked. Stand for 5 mins, then turn out onto a serving plate and serve hot or cold.

Variation: Serve with a sauce made by combining 2 cups low fat natural yoghurt with 3-4 tablespoons of chopped parsley or coriander and crushed garlic to taste. A little horseradish and some chopped capers could be added if wished.

Taken from Sunrice High Performance Eating Strategies

CARBOHYDRATE FACTS

How much carbohydrate is needed to maintain Glycogen Reserves?

- Heavy training (> 2hrs/day), 9-10g/kg body weight/day
- Exercising 1-2hrs/day, 6-8g/kg body weight/day
- Normal recreational, 4-5g/kg body weight/day

Why Complex Carbohydrates?

- Contain more B group vitamins (important in energy metabolism)
- Are higher in fibre
- Usually low in fat

Ensure a carbohydrate supply in the immediate post-exercise period.

- Carbohydrate consumed immediately after exercise will enhance the rate of glycogen production
- Recommended amount = 1-2g/kg body weight within 2 hrs or 50-100g per 2 hrs
- Delaying carbohydrate by 2 hrs has been shown to result in a 47% slower rate of glycogen production
- Carbohydrate type - simple first and follow up with a high carbohydrate meal eg. sports drinks, soft drinks, cordial, Sustagen, fruit juice, honey or banana sandwich, cereal & low fat milk.

Decrease fat intake and avoid high fat foods

- The body has an unlimited supply of fat, therefore additional dietary fat is not required
- High fat foods have a high satiety value (ie it doesn't take much to fill you up) so the athlete may stop eating because they feel full and not get enough carbohydrates

Pre-Competition Meal

This is largely over-rated. This meal serves largely as a 'top-up' for liver glycogen. What is eaten in the week before is far more important. Increase carbohydrates 3 days prior to an event.

Select a light meal high in carbohydrates and low in fat eg.

- Cereal (not high fibre) & low fat milk
- Bread and banana or honey or jam
- Spaghetti (without meat sauce)
- Potatos mashed with low fat milk

Note: It's only a top up and won't make up for poor diet in the previous week.

Drink 1-2 glasses of water 30-60 mins before racing

Events

Dec 4 & 5 - Berri Regatta

Dec 19 - Christmas Reunion

Wednesday morning coffee from 7:30 til 9am

Thursday members' nights from 6:30pm onwards

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

TORRENS ROWING CLUB

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

Sponsors



From the Secretary - David Neall

In previous articles I have made mention of the need to "grow the membership" if we are to continue as a viable functioning club. I can report that the latter half of the "off season" has produced a number of enquiries. As a result, our membership at the moment stands at 140, covering both active and associate. The increase in membership is across the board, with active members outnumbering associate.

If you have been a visitor to the club recently, you would have noticed the "front page" spread of the City Messenger featuring our club opening day, which in turn produced an encouraging number of enquiries about membership.

A large number of members were in attendance on Opening Day to hear Lindsay Southcott, our Patron, declare the season open, and commend the club on its achievements during the past season. Special guests, Sally Newmarch and Amber Halliday gave the audience an interesting insight into

the Athens Games during their interview with Club Captain Roly Dankbaar.

In a special presentation, Club President, Ian Russell, presented foundation members badges to those members who have been recognized for their efforts and contributions during the course of the renovations. In summary, the proceedings demonstrated yet again why this Club continues to prosper and guards its traditions and reputation with due diligence.

Finally, I can report to you that the much awaited restoration of the garden area at the rear of the club is now underway. This will undoubtedly present the club in a favorable light with prospective clients wishing to hire our facilities for their social function. The club is experiencing excellent bookings for upcoming Xmas and summer functions, all of which will lower our debt to the bank much faster.

The Walsh Shield enjoyed a

strong comeback with the first round conducted on Thursday 4th November with thirty members competing. Further rounds are planned for the first Thursday in December and February. Racing in coxed quad fours, the short course, 250 metre "splash and dash" sprint was fiercely contested and the winners were presented with champagne in the bar after racing had concluded.

On a slightly controversial note, members will recall that Torrens has, in the past always hosted the SARA second grade state championships as our club regatta. As our preferred option is no longer available (SARA retains the hosting rights to state championships) we, along with another club nominated an alternative date, only to be outvoted. Your executive was not prepared to nominate yet again. It is interesting to note that since dates were allocated, two other clubs who also nominated and accepted, have since withdrawn their offer.