



# BoatShed Bulletin

Torrens Rowing Club

September 2003  
Volume 5, Issue 5

www.torrensrowingclub.com

## TO BOLDLY GO...

The Club is embarking on a bold direction.

The renovations to our clubrooms costing close to \$250,000 will begin in August and finish in late November.

When finished, we will have a function venue in a enviable central location with magnificent views over the Torrens Lake, modern facilities and a restored balcony.

In addition, a bigger floor area will result in being able to accommodate larger numbers of people at any particular

function. There will be new men's and women's change rooms and toilets, a new kitchen as well as an extended bar.



A great place for any celebration now and in 1913

The purpose of this is simple; we will be looking to rent out these rooms to members, their friends, families and the public for pri-

vate functions such as birthdays, engagements, weddings, parties anything.

With this new source of revenue we will be able to provide members with a quality fleet of boats, up to date gym equipment and also great Clubrooms for members.

We can show our support of and pride in our Club by being a part of the Club functions and fund-raisers.

See you there!

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## VICE-PRESIDENT'S CRUISE

On Friday August 1st, the Club Vice Presidents hosted a Dinner and a great night was had aboard the MV Port River Princess.

A calm night and calm seas helped us enjoy the food and drink available, although the cold weather prevented us from venturing to the top deck to enjoy the view.

Well done to Anne Lippis for a well organised event.



Mandy Vischnich and Kate Shepherd on board at the VPs' dinner.

## Look at This

- Building Renovations have begun
- New Committee elected
- Members' Night—6pm every Thursday.
- 101st Club Season Opening in October.
- Order NOW Gourmet Hampers as Xmas Gifts.



*John Tonkin, Leigh Chapman and Clara Tonkin at the VPs' dinner*



*Geoff Sugars and Bob Russell at the VPs' dinner*

## Where does the \$\$\$\$ go? Leigh Chapman

I have been asked a number of times "how come membership fees are so high". Given that the AGM was held recently and Club fees are now due, it is timely to explain where the funds from membership fees go.

In the past two years, the Club had a large increase in its membership revenue. This year we received \$21,100, an increase of 41% from the 2000/01 figure.

Insurance is our greatest cost. It increased by 42% over the last two years to \$9,446. Fortunately we recruited a large number of new members in the past year. Unfortunately our Club does not have the capacity to manage an increase of even 10% in insurance, yet the likelihood of it rising again is highly probable.

Currently about 45% of members' fees go toward insurance, leaving the remaining 55% to pay for utilities, rent, maintenance of the current fleet and equipment, new pictures of winning crews and boatshed

maintenance as well as the many other expenses that are part of operating the Club; this drains an estimated figure of \$15,000 pa on a normal year and will increase significantly next year with renting a whole bay at West Lakes, aside from the usual inflation rises.

We can see from the figures above that we have already exceeded our membership fees by a few thousand dollars, without having spent any money on new equipment.

With TRC membership currently at \$250 (+GST), please keep in mind that Adelaide Rowing Club, with fees at approximately \$245 (incl. GST), and Riverside with \$315 for a full member, not including SARA race fees, are comparable. I am also told that to be a member of a soccer club in Adelaide is about \$500 pa and a fitness fanatic can pay up to \$600 for a 12 month gym membership.

This means that we are left with 2 options,

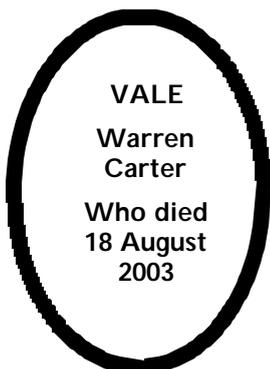
- 1) Increase membership fees significantly
- 2) Find alternate sources of income.

For the past four years, the Club has not increased its membership fees. The Committee has instead looked toward option 2. In the past season we have improved our Learn to Row courses, in order to increase the revenue we derive from this. We have also looked toward fundraisers to help raise much needed money eg. Quiz Nights, wine sales, chocolate sales, etc.

Unfortunately poor attendances and low participation by members with these activities has resulted in average returns.

Now, as the Club embarks on its renovations, the support of members is vital to meet our target of \$250,000. Please support your Club.

I hope to see you at the Opening on 19 October and at Club functions through the year!



**VALE**  
**Warren**  
**Carter**  
**Who died**  
**18 August**  
**2003**

Warren Carter. Husband of Joan, father and stepfather of Nicole and Sherryn, Sam and Roni. Son of Ray Carter - Past President 1987 and Life member of TRC (deceased). Brother of Dean and Verna.

Outstanding coxswain for Torrens Rowing Club in the late 1950's.

## Play By The Rules Preventing Harassment in Sport

Harassment in sport is damaging to everyone concerned - the person harassed, the harasser, the club or organisation and the sport itself.

Harassment denies people the right to be treated with respect, dignity and fairness, and to participate in an environment that is enjoyable, safe and healthy.

TRC is an active supporter of harassment free sport with Club members able to be comfortable at any regatta or function.

Rule 17 of the TRC Official Constitution gives the Committee power to expel any member for "misbehaviour, gross misconduct or infraction of any of the rules or by-laws of the Club".

The SA Rowing Association runs short courses specifically for rowing athletes, coaches, officials and members on their rights and responsibilities. Check the SARA website for dates and details of the next course

*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.

The *Play by the Rules* website provides information training courses and advice about discrimination and additional training about fair and safe behaviour for sporting organisations and clubs.



*"You have the right to an environment that is enjoyable, safe and healthy"*

## Rowing Technique Tips — Part 4: The Recovery Excerpt from a series of four practical workshops by Adair Ferguson, Sports Development Officer, ACT Rowing Association.

The aim of a good recovery is to carry the blades forward to the catch position with minimal effect on the run of the boat. It is also a time for recovery from fatigue and provides a time to relax the prime moving muscles.

- A good recovery should be in tune with the speed of the boat and take at least twice the time of the drive. It sets the rhythm of the boat and a top crew will always have a relaxed efficient recovery.
- A good recovery will set the rower up for a relaxed but sharp catch, with little missed water.
- The sequence of movements is as follows: The hands come away smoothly from the release, with the knees held down to give the boat stability

and allow the boat to accelerate from the release.

1. As the hands pass over the knees the shoulders follow the hands forward, followed by the seat moving smoothly up the slide as you let the boat come all the way under you. The body angle for the catch position is achieved by 1/2 slide
2. The speed up the slide should be constant or slowing slightly all the way to the catch with no jerky movements or pauses at any point.
3. The hands should come forward at the correct height with blades just above the water with enough clearance to square before the catch without having to make room by skying the blade before the catch.

4. Hand heights in a crew should be even as should bow and stroke sides in a sweep boat.

5. The upper body should be as relaxed as possible ("rubbery" or "like a blanc-mange") on the way forward. This allows the muscles a chance to recover, be replenished with oxygen and have waste metabolic products cleared (more difficult if constricted). This is also useful in rough water where if the rower is tense the movements of body and boat will be exaggerated.

6. Above all the rower should develop a "feel" for the boat and be sensitive to the way the boat runs under him/her so as not to disturb the run.

*"A top crew will always have a relaxed and efficient recovery."*

### Exercises—the recovery

#### **1. Exaggeration of the recovery time**

Ensure a very slow slide by counting "1000, 2000, 3000" for the recovery, then "4000" for the drive. Alternatively you could have an experienced stroke in the crew who will stick to this slow recovery time. Progress to counting "1000, 2000" for the recovery and

(Continued on page 7)

## SQUAD REPORTS

### JUNIOR GIRLS

#### Francis Willis

With a couple of exceptions, the girls who last season shot through the beginners ranks and into 3<sup>rd</sup> Grade, with a speed that would have left even the Bondi Tram in their wake, are back on the water. Granted it's very difficult to actually see anyone at 6 o'clock in the morning but as long as my cycle keeps pace with the bowlight as it glides through the darkness, crew and coach appear able to maintain reasonable contact. I do admit to recently being surprised when, after finishing my particularly animated demonstration of the finer points of a drill known on the Yarra River as 'stuffing the duck', the quad that nosed towards me out of the semi-darkness, was full of wide-eyed ladies from Riverside!

However, back to TRC, and it's pleasing to see a group of young rowers (2003/2004 will be just their second season of racing), sufficiently motivated to submit to the demands of winter training. Although, let me say, there is strong motivation throughout the entire Squad, and almost without exception everyone has embraced the work ethic requested by Phil Blesing. Competition for crew selection will be keen.

Last season's Squad's results were somewhat like the Curate's Egg. Some gutsy rowing and well-deserved wins interspersed with some "s#!t " rowing

(their description not mine but nonetheless quite apt!). However the current winter training will provide the opportunity to work on technique, improve reliability and to get FIT!!!

In addition to Bonnie Sandercock, Bec Harvey, Sam Nobes and ever competitive cox Bianca Thornquest, two committed newcomers, Anna Collins and Melanie Tilmouth, have joined the squad and whilst they lack rowing experience they are both blessed with, as anyone who has seen them on an ERGO will know, an exceptionally I-o-o-o-ng stroke.

With everyone accepting the challenge of the next couple of months, I believe that, come October, TRC will boat crews who are more than able of holding their own in the season ahead.

### MASTERS WOMEN

#### Dianne De Bellis.

The Masters Women squad is now down to just five. Susannah West, Shirley Willis, Julie Haynes, myself and Helen Sheppard still meet every week to at least attempt to get a boat out and do some training. Susan Arnold is currently working in Katherine and Ros Hirth is taking a break from rowing.

At least we have variety in our training—recently we have been actually rowing in the 4x and the 4+, but

we have also done ergo sessions, six kilometre walks on the beach and serious morning coffee sessions. There is also a crew of beginner masters women who are aiming to compete this season.

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### MEN'S SQUAD

#### Marco Lippis

With a magnificent ending to the 2002/03 season, the senior men's squad has been working very hard to continue with its winning form. Injuries and accidents have thinned the current squad but we are well and truly underway to improving our ways.

Michael Craven and Tim Donaldson have decided that because they enjoyed each others company so much they wanted to spend as much time together as possible with the result being rowing a pair and having a real crack at it. Mackenzie Jarvis and Dan Masters have been part of the Australian Institute of Sport programme to help heavyweights become lightweights, and they are both on their way to becoming skinny, lean, mean rowing machines. Whilst the plan continues to be that they row a pair, Maccka's love of the Nurses in Wakefield Street Emergency Centre saw him throw himself off his bike as he roared down Greenhill Road, resulting in a broken collar bone and wrist! He is now well on the way to recovery. As a result Dan is spending

some quality time in the one place he is truly happy.....a single!! I recently decided that pneumonia and recent wrist surgery was still not enough of a challenge and got myself some rib stress fractures so I am currently missing in action. Rumours of sightings with the now BEEFCAKE Mark Sparnon drinking at numerous Adelaide pubs will neither be confirmed or denied.

Unfortunately, nasty back injuries to Josh Masters and Todd Jones have sent them into premature retirement in early June. Rumour has it they may join forces with Sparnon, Tom Speikmann and possibly Lippis to start rowing a four a few times a week later in the year to ready themselves for a defence of the Men's Senior Eight Championship.....they just don't know it yet!!

Finally our little champion of a coxswain J.J. has taken up a life of partying and mayhem coupled with some study at Bond University on the Gold Coast, so his energetic voice has been sadly missed. He plans to make a few return trips to Adelaide, and hopefully we can secure his services again.

For now its back to the water dodging pipes, barges and capsized rowers at West Lakes.

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## Gourmet Hampers

*Order now for Christmas Gifts*

### GIFT BOXED CHRISTMAS HAMPER

#### CORNUCOPIA GOURMET CELEBRATION PACK

#### 2 BOTTLE FESTIVE WINE PACK

Take the hassle out of Christmas shopping for family, friends and work mates.

These superb Gourmet Hampers at \$29.95 are now available to order.

This is a Club fundraiser so please support your Club.

Orders close 31<sup>st</sup> October 2003 for December delivery.

For the **very latest**  
NEWS, PHOTOS,  
CONTACTS, MERCHANDISE  
AND FUNCTIONS

The TRC web-site is best!  
[www.torrensrowingclub.com](http://www.torrensrowingclub.com)



1910 Winners Full Rigged Fours

J McKinnie (Bow) H Wadewitz (2)

E Wadewitz (3) B E H Fleur (Str)

## SQUAD REPORTS

### WOMEN'S SQUAD

#### Jazz Meyer

The TRC women's squad is well under way with training and preparations for the upcoming season. This includes two weights sessions, running, up to three weekday morning rows, at West Lakes or the Torrens, as well as two Saturday morning sessions per week.

We currently have over 20 girls in the squad, training in three groups under the expert coaching of Phil Blesing, Francis Willis and Judith Sluiter. I would also like to say a great big welcome to the new girls in our squad who are just beginning or have come from other clubs, we wish you every success, and are pleased to have you as part

of the squad.

Getting everyone together was hard to begin with due to other commitments for many of us. The cold and not always decent weather (which I'm sure you can all sympathise with) were also getting in our way. Now that the weather and light are improving, we are all looking forward to a fun and successful season for our squad and our Club! Go Torrens!

### 3rdG MEN'S SQUAD

#### Matt Allanson

The season ahead is shaping up to be a positive one for the squad. So far we have consistently had an 8+ on the water once a week and are organising one more regular

day. We have our eyes set on lots of premiership points and ales during 2003/2004.

I guess it would be fair to say that our group is somewhat of a 'motley crew' with people having wide ranges of shapes, sizes and goals for the coming season. We have blokes fresh from school through to guys wanting to put together their first full season in nearly a decade. Most seem to want to race while there is a portion that is training just to get rid of that winter beer gut. One crew member was even kind enough to point out that "the combined weight of 4 and 5 seat is enough to fill a LW 4"!

From the (fat) four seat I

have noticed a huge change in skill over the last 6 weeks with the blade work starting to sharpen up nicely. Popular belief is that the boat has really started to sit up and move through the water. It also seems we have really started to enjoy the training and I thought I would never say that again!

Special thanks to our coach Bob Cutworth. Without his efforts I doubt the squad would still be training, let alone enjoying it. Special thanks also to Bianca Halliday and Penny Halliday, both of whom have been great help when we have been stuck without a coxswain.

## ARE YOU READY FOR THE 2003-2004 SEASON?



CLUB OPENING  
for our 101st Season  
AND  
1ST ROUND OF  
**THE WALSH  
SHIELD**  
SUNDAY  
**19 October 2003**  
10.00am  
at the Clubrooms.

Do you have your  
TRC RACING SUIT  
TRC HAT  
TRC T-SHIRT  
and  
TRC WATER  
BOTTLE?

To order please contact Judith  
Sluiter on 0412 615 908 or

[merchandise@torrensrowingclub.com](mailto:merchandise@torrensrowingclub.com)

### CLUB MEMBERSHIP FEES

are now due.

To compete in regattas you  
must be a financial Club  
member .

SARA registration will also  
be due soon.

If you need a membership  
form please contact Anne  
Lippis on 8373 0859 or

[treasurer@torrensrowingclub.com](mailto:treasurer@torrensrowingclub.com)

## S.A.R.A



**The 2003-2004 Re-  
gatta calendar is now  
on the SARA web-  
site.**

Volunteers will be needed  
for the coming season.  
If you are an interested  
follower, a parent, a part-  
ner of a rower, perhaps a  
retired competitor, maybe  
not actively rowing full-  
time, one of our Masters,

even a part-time social  
rower or a part-time  
coach and want to con-  
tinue with or be more  
involved in and around the  
sport, then consider be-  
coming an Official or re-  
gatta volunteer.

Please give this your seri-  
ous consideration and if  
you wish to discuss the  
role further, don't hesitate

in contacting Paul Hogan,  
SARA Umpires Commis-  
sioner on 08 8339 3625  
(h), 08 8343 2097 (w), one  
of the other BRO's or the  
SARA Volunteers Com-  
missioner, Penny Halliday  
on 0407794640 or through  
the SARA website.

## WEST LAKES

The treatment of  
West Lakes has be-  
gun.  
The causeway is  
closed and the screens  
are under BOTH .  
There is now a big  
pumping barge on the  
main Lake. It will have  
lights on in the dark,

and will be moved  
around the Lake.  
Initially it will be posi-  
tioned on the Lake  
round about the 250m  
line, but be aware that  
it will be moved to  
pump at different  
places.  
All crews and coaches

must be vigilant and  
locate the position of  
the barge before com-  
mencing a training ses-  
sion.

## EVENTS

**Every Thursday 6pm**

**Members get together at the Torrens Clubrooms.**

**2003**

### OCTOBER

Sunday 19 2003-2004 Club Opening

Sat 25 City of Adelaide Head of the Torrens. Opening regatta of Season

### NOVEMBER

15 Murray Bridge regatta

29 Around the Island regatta at West Lakes

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

### DECEMBER

6-7 Renmark weekend regatta

21 Club Christmas Reunion

### 2004

### JANUARY

24 Mannum regatta

### FEBRUARY

14-15 1st Grade State Champs



## Rowing Technique Tips — Part 3: The Release

*(Continued from page 3)*

“3000” for the drive.

This will encourage a smooth controlled recovery to let the boat run on the recovery.

### 2. Feet out rowing

Rowing with the feet out of the shoes will ensure a smooth recovery in tune with the speed of the boat because rowers will not be able to pull themselves forward by their feet and will not speed up as they come into the catch. It also helps boat balancing skills, as the balance has to be achieved with the hands only and hand heights have to be perfect.

### 3. Square blade rowing and variations

Square blade rowing will ensure a consistent handle

height on the recovery and guard against carrying the blades too low to the water to feather without sky-ing.

A variation on the exercise is the delayed feather where the blade is feathered between 1/4 and 1/2 slide on the way forward.

A further progression from this exercise is the double feather where the blade is squared and feathered twice on the recovery. This is really only suitable for experienced crews.

### 4. Checks or pauses during the recovery

A very useful sequence of exercises are checks or pauses during the recovery, then rowing on. These can be made at various positions depending on the problems with the row-

ers/crew.

Pausing at hands away is good for crews who do not sit back at the finish and do not hold their knees down while the release is made. It is also good for crews who need work on the timing at the release and the “hands away” beginning of the recovery. Many crews have problems here with different hand speeds which, in turn will cause different slide speeds as the crew members try to get into synchronisation with each other on the way forward. Different slide speeds will result in a wobbly, unstable boat.

Pausing at “bodies over” is a very good exercise for those rowers who don’t have much body swing forward from the finish.

*“Let the boat run on the recovery.”*

Without this they will not be correctly set up for the catch and may dive into the catch. It is also good for rowers who do not hold their knees down while their shoulders come forward. Holding the knees down while the upper body swings forward allows the boat to be more stable and gives the boat time for maximum run from the release.

**NEXT ISSUE:**

***More technique tips from top coaches.***

## The 2003-2004 Committee

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

All positions were declared vacant and members voted for candidates.

The new Committee for 2003-2004 is:

President: **Ian Russell**

Captain: **Leigh Chapman**

Vice-Captain: **Matt Allanson**

Treasurer: **Anne Lippis**

Secretary: **Helen Sheppard**

General Committee

**Judith Sluiter, Shirley Willis, Bianca**

*Leigh Chapman* [captain@torrenslowingclub.com](mailto:captain@torrenslowingclub.com)

*BoatShed Bulletin Editor* [newsletter@torrenslowingclub.com](mailto:newsletter@torrenslowingclub.com)



### Committee Meetings

2nd Monday of the month  
7.30pm at the Clubrooms

13 October

10 November

8 December

All members welcome.  
Minutes are available from the Secretary.

# Classifieds

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

Email: [newsletter@torrenslowingclub.com](mailto:newsletter@torrenslowingclub.com)



2003  
100 years of rowing

CENTENARY  
BOOKLET  
100 YEARS OF  
ROWING  
HISTORY  
\$5

**WANTED TO  
BUY  
MICROWAVE  
OVEN**  
For our new kitchen  
Contact Anne Lippis  
8373 0859

Club Polar  
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Jumper  
\$66  
Ideal for those  
chilly mornings

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Bucket Hat**  
Be sun smart with our  
new brand of bucket  
hat.  
\$15

**GOURMET  
HAMPERS**  
The ideal Xmas  
gift solution.  
\$29.95  
Anne Lippis  
8373 0859

**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 November  
issue.

**We're on the Web!**  
[www.torrenslowingclub.com](http://www.torrenslowingclub.com)