

Nepean Rowers News

2nd May 2025
Vol. 7, Issue 3



Welcome

The season has drawn to an end for most of our rowers. The Australian Rowing Championships saw six of our rowers travel down to Tasmania and they all performed very well. The Edward Trickett, NSW Grade Championships, was a great way for most of our rowers to end the season, and it presented an opportunity for us to boat larger boats. We conducted three come-try days during the school holidays with 25 participants. We will run a learn to row program for those wanting to continue over the coming weeks. We have returned to club training, and we encourage everyone to make the most of the opportunity of the rowing sessions during the off-season.

Notices

Nepean

2025/26 membership

We sent out the renewal information to members today. Please make sure you sort your membership out this month.

Nepean Presentation Lunch, 6th July

Our presentation lunch will take place on the 6th July. We will send out ticket information shortly.

Other

Rowing Australia

Rowing Australia is looking for assistance with their under-23 rowers, who will be training on the river over the next eight weeks. If you or anyone you know has a spare room to help over this period, please let me know, and I can pass on your details to them.

RNSW Volunteers

Rowing NSW are after volunteers for their upcoming events. If you can help, please get in touch with them:
events@rowingnsw.asn.au

Upcoming Events/Regattas

Events

Regattas

NSW Masters Championships, 17-18th May

Australian Masters Championships, 29-1st June

Events/Regattas

Regattas

Australian Rowing Championships, 24-30th March

We had a squad of six rowers head down to Tasmania to compete at the Australian Rowing Championships.

A special mention to Ellie Taylor and Sophia Whitelaw, who qualified for the semi-finals in the double and quad scull under 17 events.

Jason Waddell had a very good regatta, with the highlight being claiming bronze in the interstate lightweight four.

Also, congratulations to the club Captain and coach, respectively, Miles and Hugh Harrold, on their successful regattas.

Edward Trickett, NSW Grade Championships, 5-6th April

The Edward Trickett, NSW Grade Championships was the final regatta of the season for most of our rowers. It is always a greatly anticipated regatta for our club as it allows us to race in more crew boats. Our rowers performed very well over the weekend, and it was great to see some good races. A particular highlight was being able to boat D and C women's eights. Thank you to everyone who made the regatta possible.

Rowers in Focus



Captains Choice Podcast April 2025

Hi All,

This month's podcast is about staying focused on, 'beating people with better erg times' :

<https://open.spotify.com/episode/1vIY87NIUDqfyJWz74G8mm?si=1XysNwzCRuyxYRk-CGZigQ&context=spotify%3Aplaylist%3A37i9dQZF1FgnTBfUizkeKt>

Thanks,

Jason

Dan's Thought of the Month- April 2025

As we enter the off-season, I encourage all the rowers to enjoy the break from racing and make the most of the opportunity to train more so that they can reach the goals they have set for themselves for next season.

Australian under 23 Team

Congratulations to Hugh Harrold for making the team in the coxless four. Hugh has worked very hard to get to where he is and we look forward to watching him compete in Poland in July.

★HAPPY★ BIRTHDAY!

Rowers' Birthdays of the Month

May

Oscar Parsons 11th

Isaac Ferreira 20th

Jessica Harris 23rd

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