

# Nepean Rowers News

30<sup>th</sup> August 2019

Vol. 1, Issue 4

## Welcome

The off-season continues but we are still busy training and getting ready for another season of racing. Please enjoy and as always, let me know if you have anything to add for future editions.

## Notices

### Nepean

Google Sheets: I have recently added all the **2019 regattas** to google sheets. Please write your name down for the regattas you can attend as soon as possible.

Nepean Time Trial: **This is a call for volunteers for the upcoming Nepean Head on the 5<sup>th</sup> October.** We require tinny drivers, marshals and pontoon staff. If you can help, please let me know as soon as possible.

Regatta Calendar: A full list of the regattas we will be attending this season is now available on the website:

<https://www.nepeanrowingclub.com.au/regatta-calendar-201920.html>

Rowing Membership- Now Available Online: Nepean rowing membership can now be processed through an online form on the website. We will also now be accepting credit card (PayPal coming soon) payments.

<https://www.nepeanrowingclub.com.au/membership-form.html>

### Other

RNSW BRO's: Rowing NSW will be running a Boat Race Official Level 1 Theory Course on Thursday 12 September at Leichhardt Rowing Club between 6:30pm – 8:30pm.

For more information go to: <http://www.rowingnsw.asn.au/news/>

Castlereagh Road closure: There will be a full closure of Castlereagh Road between Jane Street and Thornton Drive from 10pm Friday 6 September to 5am Monday 9 September 2019.



## Upcoming

### Regattas

NSWIS TT1: 28<sup>th</sup> September

Nepean Head #2: 5<sup>th</sup> October

### Events

Nepean Camp September 14-15<sup>th</sup>: Please let me know by the 8<sup>th</sup> September if you can attend.

Maintenance Day 22<sup>nd</sup>

September 10-12pm: If you are available, your help would be appreciated.

Talent Identification Program- October: For new rowers aged 16-20 years old. Application: <https://www.nepeanrowingclub.com.au/talent-identification-program.html>

Come Try Day- 3<sup>rd</sup> November: If you know anyone who would like to try rowing please pass on the details:

<https://www.nepeanrowingclub.com.au/learn-to-row.html>

## Regattas/Events

### Regattas

#### JB Sharp: Leichardt 28<sup>th</sup>

July: We had ten rowers attend the final JB Sharp regatta. It was a great day of racing. For a full report:



<https://www.nepeanrowingclub.com.au/news>

Nepean Head #1 Sunday 25<sup>th</sup> August: We held our first event of the year. With 188 rowers in attendance, it was a well-attended event and a good test for the new format introduced this year. It was great to see 27 Nepean rowers competing and 17 members volunteering for the event. For a full report:

<https://www.nepeanrowingclub.com.au/news>



### Events

Hills Grammar- Come Try Day: On the 15<sup>th</sup> August we had five students from Hills Grammar give rowing a try. Everyone enjoyed the experience and learnt something from the session. Thank you to Miles and Hugh Harrold for their help.

Nepean Camp 17<sup>th</sup> August: Thank you to the twenty-one rowers who participated in the recent camp. Monthly erg testing and a technique row were the key components to a shortened camp format.



Nepean Maintenance Day 24<sup>th</sup> August: Thank you to all the rowers who helped at the recent maintenance day.



## Rowers in Focus

City to Surf 11<sup>th</sup> August: Jason and Aimee both competed in the 14km run. Congratulations to them for achieving good times and for mixing up their off-season training.

Tara School video: Macayla Hole recently created a video for her school rowing program. It is worth a watch:

<https://www.facebook.com/TaraAnglicanSchoolforGirls/videos/365768440768212?s=100002516595012&v=e&sfns=mo>

Nepean River 360: Aimee, Sarah, Miles and Hugh volunteered to be part of a council project that showcased the river and more specifically, rowing. The video is now available to view:

<https://www.culturecreativity.com.au/projects/nepean-river-360/videos/nepean-rowers>

New boat steps: We recently received two new steps for the boatshed. A big thank you to Alan Skinner and his company Almec for donating the materials.



Boat repairs: A big thank you to Daniel Robinson who has been helping with boat repairs recently. Danny has over many years provided his services and repaired many of our boats.



# September

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rowing: 7-9am Rowing: 10:30-12pm	2 Gym: 6-7am PHS: 4-6pm	3 Erg: 6-7am Rowing: 4:30-6:30pm	4 Gym: 6-7am Rowing: 4:30-6:30pm	5 Erg: 6-7am Rowing: 4:30-6:30pm	6 Gym: 6-7am Rowing: 4-6pm	7 Rowing: 7-9am Rowing: 10:30-12pm
8 Rowing: 7-9am Rowing: 10:30-12pm	9 Gym: 6-7am PHS: 4-6pm	10 Erg: 6-7am Rowing: 4:30-6:30pm	11 Gym: 6-7am Rowing: 4:30-6:30pm	12 Erg: 6-7am Rowing: 4:30-6:30pm	13 Gym: 6-7am Rowing: 4-6pm	14 NRC Camp
15 NRC Camp	16 Gym: 6-7am PHS: 4-6pm	17 Erg: 6-7am Rowing: 4:30-6:30pm	18 Gym: 6-7am Rowing: 4:30-6:30pm	19 Erg: 6-7am Rowing: 4:30-6:30pm	20 Gym: 6-7am Rowing: 4-6pm	21 Rowing: 7-9am Rowing: 10:30-12pm
22 Rowing: 7-9am Maintenance: 10-12pm	23 Gym: 6-7am PHS: 4-6pm	24 Erg: 6-7am Rowing: 4:30-6:30pm	25 Gym: 6-7am Rowing: 4-6pm	26 Erg: 6-7am Rowing: 4:30-6:30pm	27 Gym: 6-7am Rowing: 4-6pm	28 NSWIS TT1
29 Rowing: 7-9am Rowing: 10:30-12pm	30 Gym: 6-7am PHS: 4-6pm					

Disclaimer: Please refer to Google Sheets for an up to date calendar