

# Nepean Rowers News

7<sup>th</sup> August 2024  
Vol. 6, Issue 5



## Welcome

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The off-season training continues, and the rowers are getting accustomed to the cooler conditions. We had a busy month with the July holiday camp taking place, which was well attended. Along with our annual presentation lunch, which was again a great celebration of the season. We will continue to train hard with erg testing now taking place and regattas resuming in about five weeks

## Notices

### Nepean

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#### Regatta and camp sheet

The regattas for the 2024.25 season, along with the October camp schedule, have been finalised and are now on sheets for members to add their names to. Please add your name at least two weeks before each event.

#### Dropbox

A Dropbox folder has been set up for the 2024/25 season. If you would like the link, please ask Daniel.

#### Tools

This is a reminder to rowers that you require tools for regattas and training sessions. Jason has offered to purchase a \$25 starter tool kit for rowers, please contact him if you would like to take up this offer:

[jason@nepeanrowingclub.com.au](mailto:jason@nepeanrowingclub.com.au)

#### Working Bees

We will look to recommence working bees, as we require members' help with equipment and general maintenance. I will add the events to the club program sheet. If you can come down and help, that would be greatly appreciated.

### Other

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#### RNSW Membership

This is a reminder that rowers RNSW membership is included in the Nepean membership pricing. Members do not need to renew their memberships with RNSW; we will do this on your behalf.

#### Fluvial Festival, 14<sup>th</sup> September

The Australian Devotees of Our Lady of Penafrancia will be celebrating a milestone event this year - the 100 years of the Canonical Canonisation of Our Lady of Penafrancia.

In Penrith, we will be celebrating the Centenary Year on Sat 14th Sept 2024 with a fluvial procession on the Nepean River scheduled from 12:00 pm to 1:00 pm.

The Nepean rowers will be getting involved this year. If you would like to take part in the row, please let Hugh know as he will be organising the rowers on the day: [hugh@nepeanrowingclub.com.au](mailto:hugh@nepeanrowingclub.com.au)

## Upcoming Events/Regattas

### Events

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#### Erg Testing

Erg testing will take place again in August. Rowers are welcome to undertake testing in their own time or during one of the below club gym sessions.

Tuesday 20<sup>th</sup> August, 6-7am

Friday 23<sup>rd</sup> August, 6-7am

### Regattas

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#### Peter Kemp Classic, 13km, 1<sup>st</sup> September

This will be the first time that we attend this event, which has only taken place once before. We are keen to participate in it and we encourage our rowers to attend.

#### NSW HPP TT #1, 21<sup>st</sup> September

This event is for our HP and under 17+ development rowers. The river will be closed from 6:30-9am on this day.

## Events/Regattas

### Events

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#### School Holiday Camp, 11-16<sup>th</sup> July

Thank you to everyone who came along to the school holiday camp. We focused on small boats, but we were also able to row some big boats throughout the camp. It was a great way to get in some rowing in the off-season, and hopefully, it allows our rowers to continue to improve so that they could perform at their best when the season commences.



#### Marathon Erg, 13<sup>th</sup> July

The marathon erg was again a great event. Jason was able to withstand the teams efforts and took away the win. Thank you to everyone who took part in the event.



### Rowing Presentation lunch, 21<sup>st</sup> July

The annual presentation is always an exciting event on our calendar. It was wonderful to celebrate some of our rower's achievements through the annual awards, but it was also nice to celebrate the entire club's success this season. It also presented an excellent opportunity to thank everyone who helped make the season possible. It was great to thank our sponsors who supported us this season. We also named a new swift quad 'local sports' in recognition of the NSW Government grant, Local sports grant that contributed to purchase this boat.



### 16km row, 28<sup>th</sup> July

The 16km race was a well-received event for our rowers. We held a handicap start with a few rowers doing a 12km course. It was a great challenge for the rowers, especially with this year's event taking place in singles and doubles. It also allowed our rowers to prepare for the upcoming Peter Kemp classic in September.



## Rowers in Focus



### Captains Choice Podcast August 2024

Hi All,

This month's podcast is about taking criticism – why it is hard:

[https://open.spotify.com/episode/2pZYdujwbs7uEqpoRTdiMw?si=PnIW8R1ORpqUEFmy1W\\_efw](https://open.spotify.com/episode/2pZYdujwbs7uEqpoRTdiMw?si=PnIW8R1ORpqUEFmy1W_efw)

Thanks,

Jason

### Dan's Thought of the Month

This month I will be exploring some rowing race strategies. In light of the recent Olympics, I thought it would be a good time to explore different race strategies. I will briefly discuss a few commonly used strategies, and I will provide my thoughts on each:

#### - **Positive Split**

This typically sees rowers go off very fast and then progressively get slower throughout the duration of the race, except for the final stretch, where they will typically do a push and hold the same split for the final segment of the race.

This typically leads to rowers putting themselves into a lot of pain early, which affects their ability to apply good technique and make good decisions throughout the race. Commonly, these rowers will also put pushes at the start of every segment of the race (i.e., 20 hard strokes at the 1km marker), which typically leads to even more inconsistency in technique and speed.

#### - **Negative Split**

This involves rowers going off conservatively and then increasing speed as they progress through the race.

This strategy is good for new rowers or those trying to get a good workout in without the risk of pushing themselves too much. However, it is very rare that rowers will be able to achieve their best performance with this strategy.

#### - **Flat Pacing**

This involves rowers settling into their target pace within less than 10 strokes of their race and holding this pace throughout the race. Typically, they will still try to sprint at the end, but this will just keep the boat at the same speed, so they will utilise the higher stroke rate to keep the boat at the same speed.

This is not commonly used in racing as rowers struggle with the psychological aspect of not leading in the early stages of the race. Many rowers do, however, use this strategy or a very similar one for erg testing. This strategy is hard to implement but, in my experience, will lead to rowers achieving their best performance consistently compared to other race profiles.

# ★ HAPPY ★ BIRTHDAY!

## Rowers Birthdays of the Month

### August

Lochlan Sly 9<sup>th</sup>  
Mark Harrold 12<sup>th</sup>  
Nik Walsh 18<sup>th</sup>

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