Nepean Rowers News

28th December 2019 Vol. 1, Issue 8

Welcome

t has been another busy month with lots of training and a few regattas.

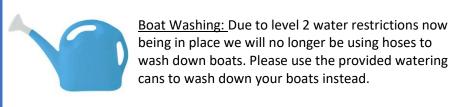
We are fast approaching the peak of the season, and the hard work

form the offseason is already beginning to show. We also had our
rower's Christmas party. Please enjoy, and as always, let me know if you
have anything to add for future editions.

Notices Nepean



Google 2020 Regattas- The 2020 regattas have now been added to sheets. Please add your name to the regattas you can attend before the closing dates.



<u>Gym roller door:</u> The gym now has a new motorised double roller door. Rowers are welcome to open the door while doing sessions. The opener is located inside the motor room.



Other

<u>Tour Rowing in New Zealand</u> - adventures for Masters Rowers: https://www.nzrowingtours.com/tour-packages

I recently received an email with information regarding tours for masters rowers around New Zealand. If you are interested, let me know and I can forward the email to you along with the attachment.

ASADA Training: ASADA (Australian Sports Anti-Doping Agency) has recently released an updated 2020 list. It is recommended that rowers



consider undertaking the level 1 and level 2 courses to be more aware of your obligations and be more aware of how the process works.



Upcoming

Regattas

Taree Summer Regatta 10-12th
January: The biggest club regatta of the season is fast approaching. With 21 rowers participating in this year's event we look forward to seeing many crews take to the water with the highlight again being the mixed eight race.

RNSW Small Boats Regatta 25th

January: Singles, double and pairs will be the events available on the day. Please add your name to sheets no later than the 12th

January if you want to race.

Events

<u>Nepean January Camp: 2nd-9th January</u>: Thankyou to everyone who has signed up for this year's camp. The program will be emailed out along with some more details shortly. The program will also be available on sheets.

Regattas/Events

Regattas

Independent Schools Championships, 30th November: Three Nepean rowers headed to SIRC to represent their respective schools. Miles and Hugh represented Penrith Anglican College in the schoolboy and year eleven singles respectively. Sarah represented St

Paul's Grammar in the year ten single. With good conditions for fast times, all three rowers

Miles placed second in his division and third overall, while Hugh placed third and Sarah came fourth.



achieved personal best times.



RNSW Reindeer Regatta 7th December: Unfortunately the weather cast some doubt on whether the events would go ahead. The smoke from the recent fires has caused issues for training and now presented an issue for racing.

We only had half a morning of racing before the regatta was called off. Good work to all those that competed.

NSW Sprint Championships, 8th December: After some good results at last year's regatta we were optimistic with many crews once again taking to the water. We had a successful regatta and I congratulate all those who were involved. For a full report: https://www.nepeanrowingclub.com.au/news





NSWIS TT4, 14th December: Cancelled

Events

<u>Clean up: 14th December</u>: Thanks to everyone who came along and got in and knocked over many small jobs. These days have proved very helpful and are something we will continue in 2020. However we will not be having one in January.

<u>Erg test week, December 16th-22nd:</u> Good work to everyone who did testing, we had 27 rowers participate in this month's testing. Results can be found on sheets.

<u>Christmas party: 21st December:</u> We had over 40 rowers and family members in total attend this year's inaugural Christmas party. Thank you to everyone who came and a big thank you for Tallara for organizing the event.



Rowers in Focus

<u>Boat Repairs:</u> The Alison Smith is back on the water thanks to Danny, who has been generously donating his time to help fix boats and teach me some new skills.



<u>Boat skills:</u> Recently, we did a skills-based session that involved standing up drills. We had a couple of swimmers as a result. This included Tallara who attempted the helicopter drill.



Missed photo opportunities: in the last newsletter I mentioned missing some great photo opportunities, I am delighted to report I was able to capture a couple with two rowers forgetting what way their gates should face.





January

2020

Cundou	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	ivioliday	Tuesday	,	,	,	,
			OFF 1	CAMP 2	CAMP 3	CAMP 4
5	6	7	8	9	10	11
CAMP	CAMP	CAMP	CAMP	CAMP	TAREE	TAREE
12	13	14	15	16	17	18
TAREE	OFF	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 7-9am
	Boat Unloading: 4-6pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4-6pm	Rowing: 10:30-12pm
19	20	21	22	23	24	25
Rowing: 7-9am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	OFF	RNSW Small Boats
Rowing: 10:30-12pm	Rowing: 4-6pm	Rowing; 4:30-6:30pm	Rowing: 4-6pm	Rowing: 4:30-6:30pm	Boat Loading: 4-6pm	Regatta
26	27	28	29	30	31	
Rowing: 7-9am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	
Rowing: 10:30-12pm	Rowing: 4-6pm	Rowing; 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4-6pm	

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

Note: Full Camp schedule is available on sheets