

# Nepean Rowers News

28<sup>th</sup> December 2019

Vol. 1, Issue 8

## Welcome

It 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 from 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.



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.



Australian Government  
Australian Sports Anti-Doping Authority

## Notices Nepean



Google  
Sheets

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.



Boat Washing: Due to level 2 water restrictions now being in place we will no longer be using hoses to wash down boats. Please use the provided watering cans to wash down your boats instead.

Gym roller door: 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

Tour Rowing in New Zealand - 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

## Upcoming

### Regattas

Taree Summer Regatta 10-12<sup>th</sup> 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 25<sup>th</sup> January: Singles, double and pairs will be the events available on the day. Please add your name to sheets no later than the 12<sup>th</sup> January if you want to race.

## Events

Nepean January Camp: 2<sup>nd</sup>-9<sup>th</sup> January: 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.

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## Regattas/Events

### Regattas

#### Independent Schools Championships, 30<sup>th</sup> 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 achieved personal best times.

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



NSWIS TT4, 14<sup>th</sup> December: Cancelled

### Events

Clean up: 14<sup>th</sup> December: 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.

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

NSW Reindeer Regatta 7<sup>th</sup> 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, 8<sup>th</sup> 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>

Christmas party: 21<sup>st</sup> December: 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.



Boat skills: 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.



## Rowers in Focus

Boat Repairs: 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.



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

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

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

Note: Full Camp schedule is available on sheets