

# Nepean Rowers News

3<sup>rd</sup> December 2024  
Vol. 6, Issue 8



## Welcome

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The year draws to a close, but we are in the middle of our busy rowing season. The rowers have been participating in a few regattas and training hard in anticipation of the upcoming major regattas. The month ahead will again be busy with a few regattas taking place and our much-anticipated Christmas party not far away.

## Notices

### Nepean

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#### 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)

#### Snakes

Please be aware that snakes have been spotted around the gym and shed.

#### Gym Lights

This is a reminder for members to turn off all the lights in the gym when you leave.

### Other

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#### 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](mailto:events@rowingnsw.asn.au)

#### CHS Championships, 12-13<sup>th</sup> December

This year's CHS regatta will be on the Nepean River. If you can help at this event, please let me know.

**ROWING**  
New South Wales

**Row Safe**

**Be Prepared**

- Know the rules - RowingNSW, Maritime, Local
- Be Competent at level of Participation
- Check the weather/conditions
- Check your equipment

**Be Aware**

- Coaches & Athletes keep a proper lookout including behind you
- Look out for larger vessels
- Watch out for vessel wash, yours and others.

**Keep Safe, Stay Right**

- Follow Rowing NSW training/Competition maps
- Avoid stopping in the traffic pattern, Move off the course
- Avoid rowing in the centre of the waterway
- Cross behind larger vessels - not in front
- Follow Maritime Navigation Markers

**Be Bright, Be Seen**

- Wear highly visible clothing
- Row in groups where possible
- Use approved Navigation Lights

**Be Respectful**

- Cooperate with other clubs/schools/users in shared waterways
- Reduce Coaching wash, stop for other crews
- No Amplifying devices before 7am or after 7pm

## Upcoming Events/Regattas

### Events

#### Erg Testing

Erg testing will take place at our upcoming December camp, or alternatively, members can send through their times.

#### Camps

The details for the December and January camps have been released. If you did not receive the details, please contact Daniel.

#### Come Try Days

We will be conducting come try days in December and January for students aged 12-18 years old. We will post more details on our socials and website shortly. Please contact Daniel if you are interested in taking part:

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

### Christmas party, 14<sup>th</sup> December

We are excited to have a date locked in for this year's Christmas party. Thank you to Anne and Ruth for organising this year's event. We are looking forward to celebrating with everyone soon.



### Regattas

#### RNSW Reindeer Regatta, 7<sup>th</sup> December

This will be the first SIRC regatta for the entire club, and it will be great to see where everyone is as we build into the peak of the season.

#### NSW Sprint Championships, 8<sup>th</sup> December

The sprint championships are always a fun regatta, and we look forward to the event every season.

## Events/Regattas

### Regattas

#### NSW All Schools Championships, 16<sup>th</sup> November

We had twelve rowers compete at the NSW All Schools Championships on Saturday. This is a newly created regatta by Rowing NSW, and it was a wonderful opportunity for all our junior rowers to represent their schools. All our rowers performed very well, and we look forward to seeing them continue to improve as the season goes on. Special mentions to Ellie Taylor, who won silver in the year 10 single representing her school, St Columbus Catholic College and Viti Young and Sophia Whitelaw, who won silver in the year 11 double representing Blaxland High School.



### NSW HPP TT #3, 16<sup>th</sup> November

We only had Jason competing at the third NSW TT. He performed very well, going away with the 8<sup>th</sup> fastest prognostic time of the event.

### Newcastle University Boat Club Regatta, 1<sup>st</sup> December

Our rowers had a wonderful time at the NUBC regatta. Thank you to everyone who made the day possible. A special mention goes to the Leichhardt Rowing Club for helping us transport boats and rowing with us during the day. Our rowers performed very well, and most importantly, they had a lot of fun.



## Rowers in Focus



### Captains Choice Podcast December 2024

Hi All,

This month's podcast is about sun exposure:

<https://open.spotify.com/episode/4Rs4XAMr5foj0H9Nhv1wDc?si=gobUwMR6RzuVeiyRbZKqig>

Thanks,

Jason

### Dan's Thought of the Month- December 2024

I will continue the theme of race-specific advice and explore home-based training during break periods this month.

Many rowers will be on school holidays shortly, and we will also be having a break from sessions later in December, so it is a good time to discuss training at home.

After many enquiries over the years, I have set up a sheet with session plans and guidance on creating a program. This sheet has erg plans, bodyweight circuits, and a lot more. If any rowers need guidance on accessing or utilising the sheet, please let me know.

There are many online resources for training. YouTube has many workout videos that can add some variety to your training, and I highly recommend using this resource.

Above all, rowers should enjoy their break and work their sessions around their other commitments and not the other way around. Training will return before you know it, and you should enjoy your time off.

# ★HAPPY★ BIRTHDAY!

## Rowers Birthdays of the Month

### December

Pal Grady 7<sup>th</sup>  
Darren Williams 9<sup>th</sup>

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# SILVER SPONSORS

