

# Nepean Rowers News

2<sup>nd</sup> March 2020

Vol. 2, Issue 2

## Welcome

**T**he peak of the season is upon us and the hard work throughout the off season and entire season is starting to pay dividends. The highlight of the month was the NSW State Championships. Unfortunately, it was cancelled early on Sunday due to the weather but some of our rowers were still able to compete. We now look forward to Nationals on the 22<sup>nd</sup>-29<sup>th</sup> March.

## Notices

### Nepean

Western Sydney Academy of Sport- Talent Development Program: This year we are partnering with the WSAS to run a program targeting 14-18 year old's who want to go onto high level rowing. This is targeted at new rowers but is also for current rowers who meet the eligibility criteria. Nominations and more information can be found here:  
<https://www.wsas.com.au/nominations-new/rowing-nominations/>



**2020 Rowing Program**

Are you a dedicated athlete looking to try rowing in western Sydney?

Nominate for the 2020 Rowing Program.  
Head to [www.wsas.com.au/nominations](https://www.wsas.com.au/nominations)

 WESTERN SYDNEY ACADEMY OF SPORT

**ROWING NOMINATIONS**



### Other

ASADA – Jason and I recently attended an ASADA seminar. We would highly recommend rowers at least do the 'Clean Sport 101' course to have at least a basic knowledge of anti-doping policies in sport. For those more dedicated rowers, the level 1 anti doping course is suggested.



## Upcoming

### Regattas

Drummoyne Regatta 15<sup>th</sup> March:  
We will have fourteen rowers attend the Drummoyne regatta which consists of 1km racing. Good luck to all those competing.

Sydney International Rowing Regatta 23-29<sup>th</sup> March: Eight Nepean rowers have been selected this year to represent the club at the National Championships. They have all been training hard and we look forward to seeing them competing. Remember all the races will be live streamed so you can keep up to date even if you can not make it out to watch.

# Regattas/Events

## Regattas

NSW State Championships 7-9<sup>th</sup> February: A small squad of eight rowers went to the NSW State Championships this year. A short report is available online: <https://www.nepeanrowingclub.com.au/news>

Combined High Schools Championships 21<sup>st</sup> February: This year we had fifteen rowers attend this year's regatta with a large contingent of Penrith High School rowers competing. A report can be found online: <https://www.nepeanrowingclub.com.au/news>



## Events

NSW School Pathway Camp 14<sup>th</sup> February: We had six rowers and myself attend the day. It was a well-attended day with forty plus rowers there. It was a beneficial experience for all the rowers and the level of rowing has improved each time at these camps. Thank you to Rowing NSW for their organisation of the day, SUBC for hosting it and all the coaches who made it possible. RNSW has also released a full report about the day: <https://cdn.revolutionise.com.au/site/xnjcgxud0uhd2yzt.pdf>



Sydney Rowing Club regatta 22<sup>nd</sup> February: Twenty rowers attended the regatta and we had some good performances: <https://www.nepeanrowingclub.com.au/news>

Clean up day 29<sup>th</sup> February: Thank you to everyone who attended and helped with a few odd jobs. Due to the busy month ahead, there will be no clean-up day in March.



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## **Rowers in Focus**

River Flooding and change to rowing sessions: The week starting on the 10<sup>th</sup> February was adjusted to land based training due to the rapid rise of the river due to the heavy rainfall that weekend. Thank you to all the rowers who got involved, unfortunately I do not have photos but there were some very fun sessions during the week in the gym.



### Rowers Birthdays of the Month

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Eason Zhang 8<sup>th</sup> March

Miles Harrold 9<sup>th</sup> March

Pat Callinan 11<sup>th</sup> March

Lorraine Paynter 15<sup>th</sup> March

Lynne Bagwell 15<sup>th</sup> March

Jonathan Downes 20<sup>th</sup> March

Joseph Dalgleish 25<sup>th</sup> March

Akash Godiyal 26<sup>th</sup> March

Shayan Khan 28<sup>th</sup> March

Cleo Price 30<sup>th</sup> March

# March

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rowing: 7-9am Rowing: 10:30-12pm	2 Gym: 6-7am PHS: 4-6pm	3 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	4 Gym: 6-7am Rowing: 4:30-6:30pm	5 Rowing: 5:30-7:30am 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 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	11 Gym: 6-7am Rowing: 4:30-6:30pm	12 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	13 Gym: 6-7am Rowing: 4-6pm	14 Rowing: 7-9am Boat Loading: 10-12pm
15 Drummoyle Regatta	16 OFF PHS: 4-6pm	17 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	18 Gym: 6-7am Rowing: 4:30-6:30pm	19 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	20 Gym: 6-7am Rowing: 4-6pm	21 Rowing: 7-9am Rowing: 10:30-12pm
22 Rowing: 7-9am Rowing: 10:30-12pm	23 Nationals- Training Pending	24 Nationals- Training Pending	25 Nationals- Training Pending	26 Nationals- Training Pending	27 Nationals- Training Pending	28 Nationals- Training Pending
29 Nationals- Training Pending	30 OFF PHS: 4-6pm	31 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm				

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