# **Nepean Rowers News**

2<sup>nd</sup> March 2020 Vol. 2, Issue 2

## Welcome

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.



#### **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/





# **Upcoming**

#### Regattas

<u>Drummoyne Regatta 15<sup>th</sup> March</u>: 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.

### **Other**

<u>ASADA</u> – 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.

# Regattas/Events

#### **Regattas**

<u>NSW State Championships 7-9<sup>th</sup> February</u>: 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

<u>Combined High Schools Championships 21<sup>st</sup> February</u>: 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

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



#### **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:

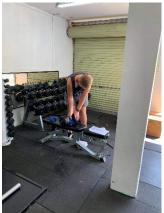
https://cdn.revolutionise.com.au/site/xnjcgxud0uhd2 yyt.pdf



<u>Clean up day 29<sup>th</sup> February:</u> 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.









# **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.



Rower Birthdays of the Month

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	2	3	4	5	6	7
Rowing: 7-9am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 7-9am
Rowing: 10:30-12pm	PHS: 4-6pm	Rowing; 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4-6pm	Rowing: 10:30-12pm
8	9	10	11	12	13	14
Rowing: 7-9am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 7-9am
Rowing: 10:30-12pm	PHS: 4-6pm	Rowing; 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4-6pm	Boat Loading: 10-12pm
15	16	17	18	19	20	21
Drummoyne Regatta	OFF	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 5:30-7:30am	Gym: 6-7am	Rowing: 7-9am
	PHS: 4-6pm	Rowing; 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4-6pm	Rowing: 10:30-12pm
22	23	24	25	26	27	28
Rowing: 7-9am	Nationals- Training					
Rowing: 10:30-12pm	Pending	Pending	Pending	Pending	Pending	Pending
29	30	31				
Nationals- Training	OFF	Rowing: 5:30-7:30am				
Pending	PHS: 4-6pm	Rowing; 4:30-6:30pm				

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