

# Nepean Rowing Club



## Rower's Handbook

2018/2019

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## Introduction

The Nepean Rowing Club Rower's Handbook has been created to provide all the important information that is concerned with rowing at Nepean. It is hoped that this document gives a good overview of what Nepean Rowing Club is all about, however specific details may have been missed. Certain details will be updated from time to time, and members will be notified of such changes. Any questions that may arise from reading this document, may be directed to the Club Captain or Vice-Captain.

## Objectives

Situated on one of the finest rowing courses in the world, the goal of Nepean Rowing Club is to facilitate rowing for people of all levels. We are aiming to expand our numbers and we continue to allow members to achieve their individual goals. To achieve this, we must all work together. A culture where all members contribute and in turn all benefit from the hard work must exist to allow the club to continue to grow. Our volunteer based coaching staff have for the entire history of our club allowed rowers to achieve great heights, and this is hoped to continue into the future.

## Personnel

### **Captain**

Daniel Waddell

The Captain is the board member that is responsible for all rowing matters within the club and is also the club's representative for the NSW Rowing Association.

### **Vice-Captain**

Jason Waddell

The vice-captain works with the captain to ensure the smooth running of the rowing program.

## Senior Coach

Jason Waddell

The Senior overlooks the entire rowing program and works with fellow coaches to ensure the smooth running of the program.

## Coaches

Each coach works together, applying the training program to the rowers in their care in a manner consistent with their age and development.

All coaches are required to have:

- Level 1 coaching accreditation
- First aid
- Boat license
- Child protection check

## Selectors

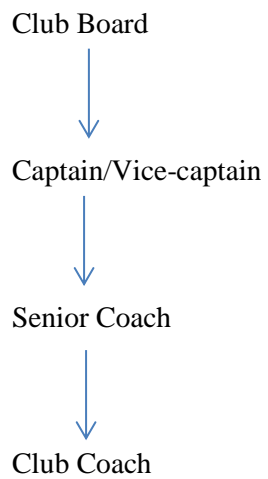
Daniel Waddell, Jason Waddell and Jeff Edwards

The selectors are elected bi-annually. They decide all race entries for each regatta, squad selection and assess rower's results for our annual presentation awards.

## Contacts

<b>Captain/Selector/Coach</b>	Daniel Waddell	0403 743 189 <a href="mailto:info@thenepanrowers.com">info@thenepanrowers.com</a>
<b>Vice-Captain/Senior Coach/Selector</b>	Jason Waddell	0413 077 712 <a href="mailto:jasonwaddell52@gmail.com">jasonwaddell52@gmail.com</a>
<b>Selector</b>	Jeff Edwards	0417 234 272 <a href="mailto:austprojeff@msn.com">austprojeff@msn.com</a>

## Protocol for Contacts



- At first instance issues should be raised to a Club coach
- If the Club coach cannot correct the issue they will report to the Senior Coach
- If the Senior coach cannot correct the issue they will report to the Captain/Vice-Captain
- The Captain/Vice-Captain will work together to solve any issues
- If unable to do so, they will go to the board to achieve a solution

## **Rowing at Nepean**

### **Learn to Row**

The major learn to row program runs in May. We will run informal courses throughout the year based on demand. Please refer to the below document for guidance regarding the structure of the course.

Appendix 1- Learn to Row- 2018

### **Programs**

#### **Junior Rowing**

Our junior program is the foundation to all of our other programs. We take athletes from the age of thirteen and upwards. From here they will progress through the squad structure to reach the goals they wish to achieve.

A more detailed breakdown of the three squads that exist in this program can be found in the 'Junior Rowers Manual' (can be found on the club website or a hard copy requested if you are a member) along with further junior related information however a brief breakdown can be found below.

**Youth Squad:** Rowers aged between 13 and 16 who have progressed through the learn to row program. Competing in club regatta's with a key focus of learning about the sport of rowing and becoming physically prepared for the next step.

**Development Squad:** Rowers aged between 14 and 18 who have rowed for a minimum of one year. This program begins to focus on competing at a higher level in club regattas and compete at NSW State Championships.

**Elite Squad:** Rowers aged between 15 and 18 who have rowed for a minimum of one year. This program targets rowers who are willing to go beyond the expected training sessions and are aiming to be competitive at higher level regattas, National championships squad and are aiming for junior national team selection.

## **Senior Rowing**

### **Senior Crew**

Senior rowing is a growing aspect of our program and has seen much growth in our recent history however we aim on continuing to grow this program.

The club squad is for individuals over eighteen and is flexible based on personal goals. We welcome both social and competitive rowers. We compete at the NSW Grade Championships and have sent a crew to Australian Championships in the club event so the higher end of this program is catered for.

The master's squad is for individual's aged over 27. We cater for social rowers right through to competitive rowers. We compete at the NSW Masters Championships and Australian Masters Championships.

All squads train together however due to the nature of older rowers many partake in their own training at times convenient for themselves.

A more detailed breakdown of the squads can be found in the 'Senior Rowers Manual' and can be found on the club website or a hard copy requested if you are a member.

### **Training**

The training program changes throughout the year based on the focus of that part of the season and coaches' availabilities. At the start of each season rowers will be sent a google sheets link that has the ongoing program available. All rowers must use this to track the program and put their name down for the sessions they intend on attending.

### **Membership**

#### **Pricing**

New Junior (includes zootie, shirt and hat): \$290

Existing Junior: \$190

Tertiary student: \$240

Campion Student: \$200

Senior: \$290



## **Club Awards**

### **Maurie Reddan OAM president's Trophy**

This award is given to the Nepean rower who gains the most points from the season's regattas.

### **Bruce Neale Trophy**

This award is given to the rower who is seen as having improved the most throughout the season.

### **Baden King Trophy**

This award is given to a rower who exhibits special achievement and effort.

### **Lloyd Death Memorial Trophy**

Awarded to the most successful coxswain of the year.

### **Ken Henson Club Person of the Year Trophy**

Awarded to a person who contributes beyond what is expected of a normal member.

### **Terry Baskett Memorial Trophy**

Awarded to the most successful rower who is competing for their first season.

### **Ralph Rylance Memorial Trophy**

Awarded to the most successful school rower in that season.

### **Callaghan Plumbing Towards 2028 Olympic Trophy**

Awarded to the rower who is seen as being a prospective Australian representative at future Olympics.

### **Master's Trophy**

Awarded to the most successful master in that season.

## Administrative Issues

### **Uniforms**

All clothing orders will be done annually, all members will be notified when we are doing the order.

### **Zooties**

We use Oarsome as our supplier for zooties and we order bulk lots and on sell to members. Please contact the Captain to organise buying a zootie.

### **Expectation of Rowers**

In line with Rowing Australia policies, Nepean Rowing Club prohibits all forms of harassment, discrimination and bullying and any person found guilty of such an act will be dealt with accordingly.

### **Volunteering**

Our club heavily relies on people volunteering. Below is a list of the various activities that the club asks members to help contribute towards to allow the rowing program to run smoothly.

### **Raffles**

Thanks to the continual support from the Rowing Club, rowers do raffles on Friday and Sunday nights. This money is used to lower costs associated with travelling for rowing. The main contribution this fund makes is for the Nepean Rowing Club annual camp.

A raffle roster will be distributed via email bi-monthly.

Appendix 2- Club raffles explained

### **Rowing Camps**

Our annual rowing camp held in early January each year is an integral part of our training for the year. It runs for approximately two weeks and involves two to three sessions a day and involves travelling to Taree where we compete in the Taree Summer Regatta.

Appendix 3- 2018 Camp information. Please use this as a guide only, more information regarding the 2019 camp will be released closer to the date.

Two weekend camps will be held throughout the season. One in July and the other in October.

## Nepean Regatta and Nepean Head's

- Rowers and parents will be asked to help where required for these events
- Jobs include; tinny drivers, baking cakes, pontoon staff and food staff servers.

### **Regatta Information**

At the start of the season a google sheets link will be sent out. Rowers must no later than 7 days before a regatta they want to attend put their name down. Once entries are confirmed a notice containing information including boat loading, seat fees and other necessary information will be sent to all entered rowers.

Appendix 4- General regatta day information: use this as a guide to understand what is involved in competing in a regatta.

### Entering events

Each season an email with a link to a google sheets with each regatta on the sheets. Rowers must put their name down for regattas no less than 7 days before the regatta in order to be entered.

### Regatta day attire

All rowers must wear their Nepean zootie for racing. It is encouraged that they also wear a Nepean shirt or other appropriate Nepean gear.

### Regatta Schedule

The planned 2018-19 schedule for Nepean rowers can be found as Appendix 5.

### Cost

Non-SIRC Club regattas: \$13

SIRC Club regattas: \$18

NSW State Championships: \$28

Open National Championships: \$55

Masters National Championships: \$45

**Costs are per seat.**

## Payment

Payment for seat fees can be made in two ways:

- Bank transfer. You must notify us via email if you pay via bank transfer.
- Money in a labelled envelope to be given to the club office or Captain.

## **Bank Details**

Nepean Rowing Club Ltd

BSB: 062-589

ACCOUNT NO. 10428848

## Facilities

### Gymnasium

Our fully equipped gymnasium is located under our licensed club. Our gymnasium is available to all active members. The gym is fully equipped for off water training and general strength and conditioning.

Our gym contains six ergometers, a watt bike, dumbbells, Olympic weights, squat racks and boxing equipment.

All equipment is regularly maintained and any issues regarding damaged equipment should be reported immediately to your coach.

### Boat Shed

The main Nepean boatshed is located adjacent to the licensed club. The boatshed houses all our rowing boats and oars.

The schools boatshed on the opposite side of the club as our main shed and also houses Nepean equipment along with other clubs equipment. Users of this shed are expected to help clean the shed where required in accordance with the shed's cleaning roster.

### Boats

A list of all Nepean boats is attached. Each boat is classified into a category to ensure appropriate individuals row appropriate boats.

#### Appendix 6- Boat list

Rowing boats and oars are very expensive pieces of equipment and should be treated with respect. Any issues regarding equipment should be directed to your coach.

## Storage of Private Boats

Storage of private boats requires all members to fill out the form in the appendix and return it no later than June 1<sup>st</sup>. Failure to complete the form may result in your boat being removed from the shed.

### Appendix 7- Boat Storage Form

Storage of private boats is not a right of any member and is based on the use of the boat (minimum usage and racing requirements will be implemented in assessing storage) and the service of that member to the club. No responsibility is taken of private equipment whilst stored in our sheds.

## **Safety**

### Lights

All Nepean members must have lights on their boats when rowing before sunrise or after sunset.

Failure to do so will result in appropriate actions being taken by the Club Captain.

There are lights available for use by club members in the Nepean shed. Please take care of these and return them after using them.

### Gym and Boat Use

All members aged eighteen and above may use the gym and boats outside of coached sessions. However coached sessions take priority over non-coached sessions. A timetable detailing the weekly sessions is on the gymnasium door (or may be requested via email). If you have any issues regarding gym availability please contact the Captain.

If you are a junior rower you must be supervised at all times while using club boats and gym. This is done in the interest of the safety of junior rowers. Exceptions may apply but can only be granted by the Club Captain.

Gym codes and boatshed key access will be made available to members via email as required. If you have any enquiries regarding access please contact the Captain.

### **Boatshed Rules:**

1. Keep the boat bays and toilets clean by putting all rubbish into the provided bins
2. Put the roller doors down when you go for a row
3. Lock the roller doors and side door when you have finished your session
4. Ensure all equipment is put into the shed when the session is completed
5. Ensure all petrol containers are put in the provided cabinet

## **Gym Rules:**

1. A towel must be used by all users to wipe down equipment they use
2. Return all weights to their racks after use
3. Do not drop weights on the floor
4. Always bring a drink bottle
5. Priority is always given to club squad sessions

## Incidents

Please either fill out the form yourself or if you are a junior rower this will be done along with a club coach. All cases that result in injuries or damage to equipment must be reported.

Appendix 8- Incident form

## Insurance

<http://www.rowingsw.asn.au/go-rowing/documents-and-policies/>

## **Miscellaneous**

### Drug testing

Nepean Rowing Club endorses the Rowing Australia illicit drugs in sport policy, details of which are on the Rowing Australia website.

It is the responsibility of members, parents and coaches to work together to ensure they are familiar with the policy in relation to their particular circumstance.

Links can be found below that go into more detail regarding the regulations that are in place.

<http://www.rowingsw.asn.au/go-rowing/documents-and-policies/>

## Appendix 1: 2018 Learn to Row

### Nepean Rowing Club Learn to Row Program- June 2018

The below information sets out the details of the course and some information regarding post course.

**Why:** Nepean Learn to Row programs aim to teach individuals the basics of rowing and allows you to see if it is a sport for you.

**How:** To enrol in the course please fill out and email the enrolment form to book your spot as spaces are limited.

**When:** The program will run over three consecutive Sundays. The first session is 3<sup>rd</sup> June and the final session on the 17<sup>th</sup> June.

**Where:** Nepean Rowing Club Boatshed. Bruce Neale Drive, Penrith.

**What to bring:** Runners, workout gear and drink bottle.

**Program cost:** Free- this is enabled by all coaches and rowers giving up their time freely

#### Program Schedule:

Date	
<b>Sunday</b> 3/6/18 8am – 9am	<b>Session 1</b> Land session <ul style="list-style-type: none"><li>• Technique on rowing machine</li><li>• Boat handling procedures</li><li>• Rowing terminology</li><li>• River safety</li></ul>
<b>Sunday</b> 10/6/18 8am – 10am	<b>Session 2</b> Water session <ul style="list-style-type: none"><li>• Sculling- quads and double</li><li>• Basic on and off water procedures</li><li>• Basic technique</li><li>• Arms only, rock over etc</li></ul>
<b>Sunday</b> 17/6/18 10am – 12pm	<b>Session 3</b> Water session <ul style="list-style-type: none"><li>• Sweep rowing- eights and fours</li><li>• Sculling- singles for juniors (under 18)</li><li>• Using slides</li><li>• Timing with crew</li></ul>

## **Post Learn to Row**

### *Test Period*

Details can be found below regarding signing up to the club. If you complete the course and enjoy rowing we will facilitate individuals joining in with our current sessions for two weeks so that you can see if it is for you. This will be discussed with individuals at the end of the program.

### Membership

Senior (over 18): \$290 per year

Tertiary Student (over 18 and study): \$240 per year

Junior (under 18): \$290 (includes uniform- zootie, shirt and socks) per year

The membership price entitles rowers access to our boats and gym (under the supervision of a coach if under 18) and enables them to be entered into regattas (seat fees are payable on top of this fee).

### **Regattas**

The season begins in September and runs until May. Regattas will be entered into in consultation with a club coach.

### *Training*

The current program will be discussed with individuals at the course as the program changes. Upon joining rowers will be provided with a google sheets document with the current program.

**More information:** If you are after more information, please feel free to contact us on the below email

[info@thenepeanrowers.com](mailto:info@thenepeanrowers.com)

Kind Regards,

Daniel Waddell

Nepean Rowing Club Captain



## **Appendix 2: Club Raffles Explained**

### Why we do raffles

Club raffles are undertaken by rowers in aid of reducing the burden of the costs that are associated with travelling for competitions. Taree, nationals and representative duties all warrant the use of this fund and are to the discretion of the Captain used to benefit those who require it. Weekly raffles are our major source of fundraising for the year and all rowers are encouraged to take part.

### When

Raffles are undertaken twice a week.

Friday: 6pm- prize is \$100 Bunnings voucher

Sunday: 5pm- prize is \$100 Bunnings voucher

### Where

Nepean Rowing Club

### Who

Senior and junior rowers will be rostered on to do raffles.

### What to wear

Rowers must wear Nepean uniform. This can be in the form of the club polo or another Nepean collared shirt you own.

### How to do raffles

- Upon arriving rowers are to go to the bar (with a parent if under 18) and ask for the raffles box.
- Once they have the box they should organise enough tickets to carry around and write down the first number they will use that day in the provided table along with their name/s.
- They should grab the bum bag in the box that will contain a \$30 float consisting of 6 \$5.00 notes.
- They should then walk around the club and ask patrons if they wish to buy tickets in the rower's raffle.
- Tickets are: 1 for \$1, 3 for \$2 and 10 for \$5.
- After going around the entire club they may go sit down for five minutes.
- Then they must go up to the person with the microphone for the club raffle and ask for them to announce the last call for the rower's raffle.
- Go to anyone who wants tickets and upon completing this go back to a table with the raffle box.
- Write down the first and last number of the tickets that were sold on a piece of scrap paper and take it up to the same person who announced the last call.
- Count the money and go to the counter if you require coins to be changed to notes.
- Write down the total amount you made in the table and also on the envelope that will go in the box.
- the 'float' of \$30 that was in the bum bag at the start of the raffle should be replaced (No coins to be used as a float)
- Return the box to the bar staff and take the prize to the announcer so they may hand it out to the winner.
- The rowers raffle is drawn directly after the club raffle.

## Nepean Rowing Club Camp 2018



16/11/2017

To rowers and parents,

The annual rowing camp is fast approaching and it is time to begin organising this event.

This year will once again see us go to Taree to attend the Taree summer regatta. This year, Taree will mark the end of our camp. The camp will commence on Tuesday 2<sup>nd</sup> January and will run until Sunday 14<sup>th</sup> January. We will head up to Taree on Friday 12<sup>th</sup> and return Sunday 14<sup>th</sup> January.

Attendance slips are to be filled out and returned to Daniel in person or via email ([info@thenepeanrowers.com](mailto:info@thenepeanrowers.com)) no later than 25<sup>th</sup> November. This will confirm your attendance.

In order for this event to run smoothly we need parents to volunteer. Camp involves up to three sessions a day and this involves preparing breakfast and lunch for rowers. Also help will be required for preparing food at Taree. Please talk to Daniel or send an email regarding your availability to help with these tasks. Your help would be greatly appreciated.

As with most camps in the past, the highlight will be the trip to Taree to compete in the Taree Summer Regatta on Friday, Saturday & Sunday. Details for the Taree trip will be released closer to the date. In regards to accommodation, all rowers will be staying at Wingham Motel (13 Bent St Wingham) and will be supervised by coaches and support staff who will also be staying at the same Motel. We have booked out the complete Motel so no bookings can be made with the Motel. Given the large group, outside of rowers and support staff there will be no room for parents. We will only be staying the two nights again as we did last year to lower the cost and allow everyone to get back to start work on the Monday.

**This year's camp has been subsidised** and will be **\$250.00** per rower. If you are only able to attend part of the camp a subsidised rate can be worked out, please put this on your permission slip and you will be contacted regarding a revised rate. Payment can be made either by cash, transfer or cheque payable to Nepean Rowing Club. Should you have any concerns at all in reference to payments, please do not hesitate to contact Daniel Waddell.

What is included:

- Camp uniform (not confirmed at this stage)
- Breakfast on each day of the camp
- Lunch on each full day of the camp
- All costs associated with using swimming pools and other cross training activities.
- Full cost of trip to Taree, including travel to and from Taree, accommodation, race fees and food.

## Planned Schedule for 2017 Camp

Slight changes may be made to the below but at this stage this is the plan.

Full days will be 6:15-3:30 and half days 6:15-12 but like last year rowers will be split into different groups and each group will train at slightly different times.

### **Tuesday 2<sup>nd</sup> January to Sunday 14<sup>th</sup> January**

<b>Tuesday 2<sup>nd</sup></b>	<b>Wednesday 3<sup>rd</sup></b>	<b>Thursday 4<sup>th</sup></b>	<b>Friday 5<sup>th</sup></b>	<b>Saturday 6<sup>th</sup></b>	<b>Sunday 7<sup>th</sup></b>	<b>Monday 8<sup>th</sup></b>
Full Day	Full Day	Half day	Full Day	Full Day	Half Day	Full Day
<b>Tuesday 9<sup>th</sup></b>	<b>Wednesday 10<sup>th</sup></b>	<b>Thursday 11<sup>th</sup></b>	<b>Friday 12<sup>th</sup></b>	<b>Saturday 13<sup>th</sup></b>	<b>Sunday 14<sup>th</sup></b>	<b>Monday 15<sup>th</sup></b>
Full Day	OFF	Half Day	Taree	Taree	Taree	Boat Unloading

As mentioned previously, please do not hesitate to contact Daniel should you require further information in regards to attending the camp or should you have any financial concerns.

Yours in Rowing,

Daniel Waddell

Jeff Edwards

Jason Waddell

Captain

Vice-Captain

Senior Coach

## Appendix 4: General Regatta Day Information

Regatta days can be a very stressful time for all concerned. Follow these simple rules and not only should they be less stressful, the day should run a lot smoother.

1. All rowers involved in the regatta are to attend boat loading and unloading (both before and after the regatta) at a day and time determined by the coaches and boat master. If a rower is unable to attend either session they must advise their coach and ensure the Boat Master is also aware of the situation (otherwise their boat may be missed).
2. All rowers involved in the regatta are to arrive at the regatta venue at a time determined by their coach (usually a minimum of 2 hours before their first race of the day).
3. All rowers must wear their club zootie and other club gear is recommended to be worn.
4. On arrival at a regatta, each rower should immediately start rigging all his or her boats ready for the day's racing. It is each rower's responsibility to notify their coach of any breakages or parts missing from their boat a.s.a.p. so repairs can be made well before race time.
5. It is each rower's responsibility to put the correct lane number on his or her boat prior to each race and return it to storage immediately after each race. *(Failure to display the correct lane number that may result in a fine that will be paid by the crew concerned. Also, loss of a Lane number by failure to return it after the race will cost the crew concerned \$10 replacement fee)*
6. All rowers are to wear the correct racing attire for every race (Nepean zoot suit). If a hat is worn, all members of a crew boat should wear the same hats etc. If under shirts are worn, they should be the same colour *(Failure to do so may result in the crew upon request of boat race officials taking the under garments off before racing)*
7. All rowers are to be present at the start line by the specified time as detailed in the regatta program. This is usually 5 minutes before the first heat or division race of their event.
8. Each rower must keep hydrated at all times. They should also bring all their food needs for the day and not rely on shops.
9. Wandering off and running around will have a detrimental effect on your races – rest as much as possible between events. Be aware of your fellow crew members & do not let them down.
  - The Nepean Rowing Club tents are to be assembled and disassembled by the rowers. After the regatta they are to be returned & packed away in the Boat Shed at the Club.
  - The Club Tent is for the rowers to relax in and to prepare for and recover from their races.
  - A regatta Program will be placed in the tent.
  - Please note that the first priority of the tent is rest for the rowers and parents should respect this request.

A seat fee must be paid by each rower entered in every race (regardless of boat type). Please note that a coxswain does not pay seat fees. At present the seat fees for each race are as follows:

- Time Trials/non-SIRC regattas – \$13.00 per seat per event
- SIRC Regattas- \$18 per seat per event
- State Championships and State Sprints – \$28 per seat/event
- National Championships – \$55 per seat/event

*Note: Should a crew miss the start of a race (unless caused by a breakage), then the Regatta Commission may impose a fine and that crew will be liable to pay it.*

- If an athlete is sick on regatta day, please let your coach know as early as possible, so that either the crew can be withdrawn or a substitution of a crew member can be made – this avoids a fine for failing to race.
- Fines for racing whilst unregistered; late withdrawal; no bow number; failure to make the start of the race etc. are \$25 plus GST (\$27.50)
  
- A & B Grade Races are held over 2000 metres
- C & D Grade Races are held over 1000 metres
- Novice Races are held over 1000 metres
- Your Grade is altered by your results in all races across the season.
- There are no age limits in grade races and a single race may have competitors aged anywhere from 12 years old to 80+ years old.

**Appendix 5: NRC Regatta****Schedule****NRC Regatta Schedule 2018.19**

<b>Date</b>	<b>Day</b>	<b>Regatta</b>	<b>Where</b>
18/08/2018	Saturday	Scullers Head of Nepean	Nepean River
8/09/2018	Saturday	NUBC Pre-IV Regatta	Berry Park
16/09/2018	Sunday	Head of the Nepean	Nepean River
13/10/2018	Saturday	RNSW Spring Regatta	SIRC
27/10/2018	Saturday	HVGS Regatta	Berry Park
11/11/2018	Sunday	CDRA Sprints	Throsby Creek
17/11/2018	Saturday	Nepean Rowing Club Regatta	Nepean River
1/12/2018	Saturday	RNSW Reindeer Regatta	SIRC
2/12/2018	Sunday	NSW Sprint Championships	SIRC
11-13/1/19	Fri-Sun	Taree Summer Regatta	Manning River
26/01/2019	Saturday	RNSW Small Boats Regatta	SIRC
3/02/2019	Sunday	Endeavour Rowing Club Regatta	Berry Park
15-17/2/19	Fri-Sun	NSW State Championships	SIRC
2/03/2019	Saturday	Sydney Rowing Club Regatta	SIRC
10/03/2019	Sunday	Leichardt Rowing Club Regatta	Iron Cove
16/03/2019	Saturday	NSW Schoolgirl Head of the River	SIRC
17/03/2019	Sunday	NSW Schoolboy Head of the River	SIRC
25-31/3/19	Mon-Sun	Sydney International Rowing Regatta	SIRC
13-14/4/19	Sat-Sun	Edward Trickett NSW Grade Championships	SIRC
4-5/5/19	Sat-Sun	NSW Masters Championships	SIRC
22-25/5/19	Wed-Sat	Australian Masters Rowing Championships	Champion Lakes

## Appendix 6: Boat List

Boat Name	Make	Weight Category	Usage
<b>Single Sculls</b>			
Livia Laborczfalvi	Empacher	HWT MEN	RED
Brenton Long	Empacher	HWT MEN	RED
Jeff Edwards	Sykes	HWT MEN	RED
Ken Henson	Empacher	LWT MEN/HWT WOMEN	RED
John Campbell	Sykes	LWT MEN/HWT WOMEN	RED
Jason Waddell	Sykes	LWT MEN/HWT WOMEN	RED
Paul and Pal Grady	Sykes	LWT MEN/HWT WOMEN	RED
Mark Davies	Sykes	LWT MEN/HWT WOMEN	RED
Kate Murdoch	Sykes	LWT WOMEN	RED
Ralph Simington	Sykes	LWT WOMEN	RED
Daniel Waddell	Race 1	LWT WOMEN	RED
Lee Chamont	Hudson	LWT WOMEN	RED
N/A	Race 1	LWT WOMEN	RED
Terry Baskett II	Euro	HWT MEN	ORANGE
John Baskett	Euro	HWT MEN	ORANGE
Patrick Stollery	Euro	LWT MEN/HWT WOMEN	ORANGE
Bob Selby & Son	Euro	LWT MEN/HWT WOMEN	ORANGE
Bill Radburn	Sykes	HWT MEN	ORANGE
Melinda Howlett	Sykes	LWT MEN/HWT WOMEN	ORANGE
Natalie Long	Sykes	LWT MEN/HWT WOMEN	ORANGE
Kristy-Lee Watson-Jones	Sykes	HWT MEN	ORANGE
Anita Derks		HWT MEN	GREEN
Allen Fokes		HWT MEN	GREEN
Bill Radburn		HWT MEN	GREEN
Colin Death		HWT MEN	GREEN
Greg Hinvest		HWT MEN	GREEN
Penrith RSL		LWT MEN/HWT WOMEN	GREEN
City of Penrith		LWT MEN/HWT WOMEN	GREEN
Dave Robertson		LWT MEN/HWT WOMEN	GREEN
Panther Motors		LWT MEN/HWT WOMEN	GREEN
Crane Enfield		LWT MEN/HWT WOMEN	GREEN
<b>Double sculls and Pairs</b>			
Brenton Long II (2x)	Sykes	HWT MEN	RED
ABN Ambro (2-)	Empacher	HWT MEN	RED
Tina de Vries (2x)	Swift	HWT MEN	RED
Colin Death 2 (2x-)	Sykes	HWT MEN	RED
Nigel Waddell (2x-)	Sykes	LWT MEN/HWT WOMEN	RED
Greg Hinvest 2	Sykes	LWT WOMEN	RED
Alison Smith	Sykes	LWT WOMEN	RED
Karl Parker	Empacher	HWT MEN	ORANGE
Kelly Matthews	Empacher	LWT MEN/HWT WOMEN	ORANGE
Sydney 2000	Empacher	LWT WOMEN	ORANGE
Dick Willis	Prime	HWT MEN	GREEN
Peter Chapman II	Prime	HWT MEN	GREEN
Allan Coombes	Liangjin	HWT MEN	GREEN
Bill & Joy Wooldridge	N/A	LWT WOMEN	GREEN

<b>Quads and Fours, Coxless and Coxed</b>			
Lyn Edwards 2	Empacher	LWT MEN/HWT WOMEN	RED
John Campbell 2	Sykes	LWT MEN/HWT WOMEN	RED
Nepean Masters	Swift	HWT MEN	RED
Bruce Russell	Empacher	HWT MEN	RED
N/A	Carbon Elite Sports	LWT MEN/HWT WOMEN	RED
Bob Ausburn 2 4+	Sykes	HWT MEN	RED
Lindsay Callaghan 2	Sykes	LWT MEN	RED
Marilyn Kidd	Sykes	HWT MEN	ORANGE
Bob & Eve Ausburn	Sykes	LWT MEN/HWT WOMEN	ORANGE
Cas Cook 2 4x+	Ausrowtec	LWT WOMEN	GREEN
<b>Eights</b>			
Dick Willis 2	Sykes	HWT MEN	RED
Ken Henson 2	Hudson	HWT MEN	RED



## Appendix 7: Boat Storage Form

Name of member:
Name of boat:
Boat type:
How often is the boat rowed? (this will be used in assessing your application)
Is the boat raced? (this will be used in assessing your application)
Date applying for boat storage (please change if a shorter period is required): From- 1/5/2016  To- 1/5/2017
Signature of member:
<b>Office Use</b>
Date received:
Accepted:                      Yes                      No
Comments:
Captain: Daniel Waddell Signature-

## Appendix 8: Nepean Rowing Club Incident Report Form

<b>Name and role of person completing this form:</b>
<b>Signature of person completing this form:</b>
<b>Date:</b>

### Incident

<b>Date and time of incident:</b>
<b>Name/s of person/s involved in the incident and their clubs/associations:</b>
<b>Description of incident:</b>

<b>Witnesses (include contact details):</b>
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### Reporting of the incident to club/association

<b>Incident Reported to:</b>	<b>Date:</b>
<b>How (this form, in person, email, phone):</b>	

### Follow Up Action

<b>Description of actions to be taken:</b>
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