

# Nepean Rowers News

1<sup>st</sup> February 2020

Vol. 2, Issue 1

## Welcome

It was a busy month in January. Our annual camp and Taree were the major highlights. A lot of training took place and has put many rowers in a good position coming into the major regattas in the second half of the season. Please enjoy, and as always, let me know if you have anything to add for future editions.



## Notices

### Nepean

Greg Hinvest: It is with great sadness that I inform you that Greg Hinvest passed away on Saturday 25<sup>th</sup> January. Greg was the CEO of the club for twenty eight years and was a long time supporter of the rowing program. The funeral will be held at Pinegrove Memorial Park at 11am Monday 3<sup>rd</sup> Feb, with family and friends meeting afterwards at Nepean Rowing Club at 1pm.

### Other

Power lines work – There will be work being undertaken to the powerlines that are next to the Victoria bridge on the 29-30<sup>th</sup> February. Rowers will still be able to access the river however there may be delays to get past the site at particular times.

## Upcoming

### Regattas

NSW State Championships 7-9<sup>th</sup> February: We have eight rowers representing the club at this year's event. Good luck to all competitors and remember if you cannot come out to watch, you can watch the regatta online:

<https://www.youtube.com/channel/UCmGO0hxc5XFqRVkw9xuNN3w>

Combined High Schools Championships 21<sup>st</sup> February: In the past we have only had a small contingent of rowers attend this regatta. However, this year will see a much larger group with the Penrith Highschool students taking the opportunity to represent their school

Sydney Rowing Club regatta 22<sup>nd</sup> February: Please add your name to the list on google sheets no later than the 9<sup>th</sup> February if you can race.

### Events

Cleanup Day: 29<sup>th</sup> February, 9:30-12pm: Our next clean up day will be at the end of the month. If you can help out, please put your name on sheets or let me know.

## Regattas/Events

### Regattas

Taree Summer Regatta 10-12<sup>th</sup> January: Twenty one rowers travelled to Taree this year. The highlight was the mixed eight which we placed fourth in. Thank you to everyone who made the event possible with all your efforts. The regatta report can be found on the website:

<https://www.nepeanrowingclub.com.au/news>



RNSW Small Boats Regatta 25<sup>th</sup> January: We had twenty rowers compete at the first regatta at SIRC for the year. Thanks to everyone for your help on

### Events

Nepean January Camp: 2<sup>nd</sup>-9<sup>th</sup> January: A big camp was held this year and it kept everyone very busy. Thank you to everyone who made it all possible. A full report is available on the website:

<https://www.nepeanrowingclub.com.au/news>



the day. A short report and some photos can be found on the website:

<https://www.nepeanrowingclub.com.au/news>

## Rowers in Focus

Farewell: Monique has been rowing at the club for less than one year but has made some good progress in this short time. She has taken on a new challenge in joining the army for a gap year. We wish her all the best and hope she returns one day so that we can see her perfect technique one more time.

She also completed an erg test before leaving and pulled a personal best time of 7:29



# February

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Rowing: 7-9am Rowing: 10:30-12pm
2 Rowing: 7-9am Rowing: 10:30-12pm	3 Gym: 6-7am PHS: 4-6pm	4 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	5 Gym: 6-7am Rowing: 4:30-6:30pm	6 Rowing: 5:30-7:30am OFF	7 NSW Rowing Championships	8 NSW Rowing Championships
9 NSW Rowing Championships	10 OFF PHS: 4-6pm	11 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	12 Gym: 6-7am Rowing: 4:30-6:30pm	13 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	14 Gym: 6-7am Rowing: 4-6pm	15 Rowing: 7-9am Rowing: 10:30-12pm
16 Rowing: 7-9am Rowing: 10:30-12pm	17 Gym: 6-7am PHS: 4-6pm	18 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	19 Gym: 6-7am Rowing: 4-6pm	20 Rowing: 5:30-7:30am Boat Loading: 4-6pm	21 CHS Championships	22 Sydney Rowing Club Regatta
23 Rowing: 7-9am Rowing: 10:30-12pm	24 Gym: 6-7am PHS: 4-6pm	25 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	26 Gym: 6-7am OFF	27 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	28 Gym: 6-7am Rowing: 4-6pm	29 Rowing: 7-9am Rowing: 10:30-12pm

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