

# Nepean Rowers News

7<sup>th</sup> January 2025  
Vol. 7, Issue 1



## Welcome

It was a hectic end to the year with regattas, camps and our Christmas party all taking place. Training finished on the 21st, and our rowers enjoyed a short break from training. Camp resumed on the 2nd of January, and we are now into the peak of the season and looking forward to a busy few months ahead. We head off to Taree on the 10<sup>th</sup> of January, which is always a season highlight.

## Notices

### Nepean

#### Dropbox

A Dropbox folder has been set up for the 2024/25 season. If you would like the link, please ask Daniel.

#### Snakes

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

#### Gym

This is a reminder for members to turn off all the lights in the gym when you leave.  
Please also remember to return all equipment to its original position before leaving the gym.

### Other

#### 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)

#### RNSW- Safe boating reminder

**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

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#### Erg Testing

Erg testing will not take place in January.

#### Come Try Days

We will be conducting come try days in January. More information can be found on our website.

### Regattas

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#### Taree Summer Regatta, 10-12<sup>th</sup> January

We have twelve rowers competing at this year's event. While it is a smaller squad than previous years, many of our rowers will be racing in many races over the three days, and we are looking forward to the trip as we do every year.

#### RNSW Small Boats, 25<sup>th</sup> January

This a good preparation event for the NSW Championships. Please add our name to the sheets by Sunday the 12th if you want to compete.

#### NSW Rowing Championships, 7-9<sup>th</sup> February

The premier event for many of our rowers is quickly approaching, and we are looking forward to seeing their hard work pay off with good results.

## Events/Regattas

### Regattas

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

The Reindeer Regatta is always a great opportunity for our rowers to see where they are before the mid-season break and camps. Our rowers had some good results in the small boats, and we did have a couple of big boats that went well too.

Results: [Rowing NSW Regattas](#)

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

This is always an exciting regatta for our club. Again, we performed very well, placing second on the medal tally. It was a great team effort with good results across the board from our members.

Results: [Rowing NSW Regattas](#)



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

This year's event was held on the Nepean River, which was very exciting. The CHS community contributed greatly to its success, but a big thank you to the many Nepean members who helped with it; it is greatly appreciated. Four members represented their school, Blaxland High School, at the event, and they all raced very well.

Results: [Rowing NSW Regattas](#)

## NSW HPP TT#4, 14<sup>th</sup> December

Six Nepean rowers competed in the final NSW HPP TT. They performed well, with a few improvements seen by our rowers. Jason once again raced very well, placing him well for the upcoming NSW team selections.

## Events

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### December and January Camps

These camps have been very well attended, and we have seen some good improvements from our rowers over this period. We are looking forward to seeing this being reflected in the upcoming races.

A special thank you to Sydney Helicopters for once again sponsoring the camp shirts.

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

Thank you to everyone who attended this year's Christmas party. It was a great event, and I would like to say a big thank you to Anne and Ruth, who made it possible.



## Rowers in Focus



### Captains Choice Podcast January 2025

Hi All,

This month's podcast is about rowing catches:

<https://open.spotify.com/episode/5SEAQ8PaMOOXmwjxnzKC1o?si=69f7ca9b62a342fa>

Thanks,

Jason

### **Dan's Thought of the Month- January 2025**

I will continue the theme of race-specific advice and explore the topic of rowing in rough water, which is fitting as we prepare for the upcoming regatta in Taree.

1. Focus on the basics: The biggest mistake I see rowers make in rougher conditions is forgetting to focus on the essential technique points. While this applies to still water rowing, I have seen time and time again that it is so vital in rough conditions.
2. Know it will not feel great: Many rowers fall into the trap of thinking that rowing will always feel smooth and effortless, but this is not always the case when it is very windy or there is a tide.
3. Push hard: A big mistake rowers make in rough conditions is forgetting to push hard. It sounds so simple, but rowers can get caught up in making the boat feel good rather than moving it as fast as possible, and they get off the water, disappointed by their performance.

# ★HAPPY★ BIRTHDAY!

## Rowers Birthdays of the Month

### January

Jason Waddell 5<sup>th</sup>

Ilhan Elve 8<sup>th</sup>

Ryan Cox 19<sup>th</sup>

Daniel Waddell 22<sup>nd</sup>

Elyse Currall 26<sup>th</sup>

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