

Nepean Rowers News: July 2019

26/7/19

We are very much into the grind of the off-season. There is still a lot going on despite no regattas taking place this month. Hope you enjoy and remember to let me know if you have anything to add for future editions.

Regattas

Upcoming

JB Sharp: Leichardt 28th July: We will be competing in the final JB Sharp series regatta this Sunday. Eleven rowers will be taking part, all the best to the rowers competing.

Nepean Head #1 Sunday 25th August: Please write your name down on google sheets or let me if you can attend no later than Sunday 11th August.

Events

Nepean Maintenance Day 22nd June: Thank you to everyone who helped at the maintenance day. We had seventeen members attend and we achieved a lot, so thank you very much.

Nepean marathon erg 23rd June:

We held our first marathon erg event on Sunday 23rd June. It was a great morning and a good team building exercise. It was great to see everyone cheering each other on. Congratulations to Aimee and Magnus for completing their first ever marathon, and to Jason for getting close but having to withdraw due to cramps. The team effort was fun to watch with eleven rowers taking part and all giving it a good go. We hope to do this as an annual event each off-season.



Nepean June Camp 29-30th June: We ran our first two-day camp of the season on Saturday 29th and Sunday 30th June. We had eighteen rowers take part in some or all of the event. Thank you to everyone who attended. A big thanks to those who also brought some baked items for the rowers.

Northmead Highschool Friday 5th July: We recently held a Come Try Day for Northmead HS. We had nine students attend and they all thoroughly enjoyed the experience. Thank you to Tallara for helping on the day.



Nepean June Camp 12-15th July: We ran a four-day camp from Friday 12th to Monday 15th July. Thank you to the twenty-three rowers who took part in some aspect of the camp. The windy conditions did force us to alter the training sessions on Saturday, but this was well received by rowers. This is something we will look at continuing in the future.

Upcoming

Nepean Maintenance Day 24th August: We will be running a maintenance day on Saturday 24th August, 9:30am-12pm. We will primarily be working on boat maintenance. If you can attend, please put your name on google sheets or let me know.

Nepean Camp 17th August: We will be running a one-day camp in August. This will involve erg testing, one row and a video session during lunch. It will run from 7am-12:30pm.

Nepean Time Trials: **This is a call for volunteers for the upcoming Nepean Heads.** We require tinny drivers, marshals and pontoon staff. If you can help, please let me know as soon as possible.

Nepean Head #1 Sunday 25th August

Nepean Head #2 Saturday 5th October

Notices

Nepean

Nepean AGM: The Nepean Rowing Club AGM will be held on Sunday 28th July at 10:30am.

Nepean Rowers Raffles: We have now added a Saturday raffle at 1pm due to the increase in number of rowers doing raffles. The new roster has been sent out and will run until October.

Boat Lights: We are at that time of year when all afternoon sessions require rowers to use lights. We do have lights available for rowers during coached sessions, but you will need to purchase lights if you go out on your own.



Google Sheets: I have recently added all the **2019 regattas** to google sheets. Please write your name down for the regattas you can attend.

Rowers in focus

Western Sydney Academy of Sport TID Squad:

On Thursday 27th June we had Natalie, the Media and Communications coordinator from the Western Sydney Academy of Sport visit the squad and take some photos. This program has been running for around five months now and has been very successful in many ways. We look forward to seeing the squad continue to develop and continuing to explore partnerships such as this one in the future.



Jason Completes Duathlon

On Sunday 21st July Jason competed in a sprint duathlon comprising of a 5km run, 20km bike and a 2.5km run. This was a good way to break up the off-season and should help in his preparation for the upcoming season. Aimee unfortunately was unable to compete but will take part in the upcoming City to Surf which Jason will also be doing.

