

Nepean Rowers News

2nd July 2024
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Welcome

The off-season is in full swing, and our rowers are enjoying being back out on the water. We had our first off-season event with the bridge run taking place last Saturday. We have the July holiday camp next week which is closely followed by our annual presentation lunch. It will also be a busy month with our come try day participants moving on from their learn to row program into the club program.

Notices

Nepean

Annual Presentation Lunch, 21st July

The annual presentation lunch will take place on the 21st of July and we are looking forward to celebrating the 2023/24 season together.

Sponsors

We are very grateful for the support our 2023/24 sponsors provided last season.

If you or anyone you know can support our program next season please contact Daniel.

Boat Lights

A reminder that all members require lights if they are rowing before sunrise or after sunset.

Gym Defibrillator

We have recently put in a defibrillator in the club gym. If you have any questions regarding the device, please let us know.

Thank you to the NSW Government through the 'Local Sport Defibrillator program' for making this purchase possible.

Regattas

There is a draft regatta calendar on sheets, if you require the link to the sheet please contact Daniel. The same sheet has the programs for camp along with other Nepean events.

Dropbox

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

Tools

A reminder to rowers that you require tools for regattas and training sessions. Jason has offered to purchase a \$25 starter tool kit for rowers, please contact him if you would like to take up this offer:

jason@nepeanrowingclub.com.au

Other

RNSW Membership

A reminder that rowers RNSW membership is included in the Nepean membership pricing and members do not need to renew their memberships with RNSW, we will do this on your behalf.

Upcoming Events/Regattas

Events

School Holiday Camp, 11-16th July

We will be running a school holidays training camp these holidays from the 11-16th July. More details will be sent to members shortly, but please add your name to the sheet if you can attend.

Marathon Erg, 13th July

The marathon erg will return this off-season. We will be doing a team event however we encourage members to consider doing the event either solo or in small teams as a challenge. More details will be distributed soon.

16km row, 28th July

The 16km race will return this year. More details will be sent out shortly for this event. We will also require helpers for the event.

Erg Testing

Erg testing will resume in July. Rowers are welcome to undertake testing in their own time, during club gym sessions, or at one of the below scheduled times.

Wednesday 10th July, 4-5pm

Friday 19th July, 6-7am

Events/Regattas

Events

Bridge Run 29th June

Thank you to everyone who took part in our annual bridge run event. It was a lot of fun and it is always nice to appreciate the river differently from time to time.



Rowers in Focus



Captains Choice Podcast July 2024

Hi All,

This month's podcast is about rowing tools:

<https://open.spotify.com/episode/6xupd7M5xYKoBr1OUIU24e?si=tNNhKZhPTBqE03l4suNZaQ>

Thanks,

Jason

Dan's Thought of the Month

This month I will be exploring, the importance of erging. Love it or hate it, erging is part of rowing and below I will explore this further.

- **Testing Tool:** For crew selections and higher level rowing, erging is utilised as a simple tool to assist with this. While there is contention on the relevance of the erg as a testing tool, it is used and rowers need to embrace this and know that this will not change in the near future.
- **Fitness Tool:** Erging is not rowing and while it closely replicates rowing in some aspects it is different in many technical ways however it is a very good fitness tool for improving your rowing.
- **Time Efficient:** Erging can be a great way to get in a good workout in only a short time. This is especially relevant to rowers who have their own erg as it does not require you to travel anywhere unlike rowing on the water.

★ HAPPY ★ BIRTHDAY!

Rowers Birthdays of the Month

July

Genevieve Bazina 4th

Angus Harrold 21st

Lachie Rogers 27th

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