

Nepean Rowers News

2nd July 2020

Vol. 2, Issue 6

Welcome

This month saw the beginning of our return to rowing. While we are still some way away from the past normal, we are slowly getting back to a new normal. Crew boats are allowed from July 1st and the gym reopened on the same day. It has been a busy month getting everything ready behind the scenes and we are slowly increasing sessions. We have also been working hard to make up for lost time and are pushing our learn to row program. We also had an inter club online challenge held by RNSW that we competed in.



Notices

Nepean

Updated COVID 19 Plans

With the updated government restrictions, we have changed our current protocol in place. This has been sent out to members. The key points being:



- Club gym sessions recommencing from 1st July
- Non-club gym session allowed from the 20th July
- Crew rowing allowed from 1st July

Upcoming

Events

Nepean Erg testing:

July Erg: 2k r24 or 1k r26

Please add your times directly to the 2020.21 NRC Google sheets. For rowers wanting to represent Nepean at State and Nationals this testing is mandatory, and we also encourage all members to get involved.

School holiday Learn to Row: 4-19th July

We will be running a learn to row program targeted at 13-18 year old's this school holidays.

We have had a great response to the program and have reached capacity and look forward to welcoming newcomers to the sport.

More information:

<https://www.nepeanrowingclub.com.au/school-holiday-learn-to-row.html>

Regattas/Events

Events

Monthly Erg testing: 5kr22 and 2kr24

Thank you to everyone who participated in this month's testing.
Results are available on google sheets.



Club v Club Challenge: 1st-14th June

Thank you to everyone who got involved in the Rowing NSW club v club challenge.

We achieved a fifth overall, sixth for masters and a took out the under 19/21 category.

JUNIOR/U21 LEADER BOARD		SENIOR/U23 LEADER BOARD		MASTERS LEADER BOARD	
Nepean Rowing Club	672,836	UTS Rowing Club	1,211,727	Leichhardt RC	4,927,571
Glebe Rowing Club	668,666	Newcastle Uni BC	648,159	Glebe Rowing Club	3,191,616
UTS Rowing Club	401,163	Glebe Rowing Club	573,367	Newcastle RC	2,448,408
Sydney Uni BC	274,445	UNSW Rowing Club	248,440	Abbotsford RC	1,771,775
Mosman Rowing Club	235,673	Sydney Rowing Club	136,580	Mosman Rowing Club	1,617,601
Newcastle Uni BC	198,707	Nepean Rowing Club	129,002	Nepean Rowing Club	1,190,538
Penrith Rowing Club	104,020	Leichhardt RC	100,856	North Shore RC	854,054
Newcastle RC	103,377	Shoalhaven RC	24,403	UTS Rowing Club	385,648
Sydney Rowing Club	53,253			St George RC	257,333
Armidale Rowing Club	33,131			Newcastle Uni BC	237,388
UNSW Rowing Club	13,100			Shoalhaven RC	194,668
				Armidale Rowing Club	156,829
				Port Macquarie RC	83,000
				UNSW Rowing Club	74,761
				Lake Macquarie RC	18,770

OVERALL LEADER BOARD	
Leichhardt RC	5,028,427
Glebe Rowing Club	4,433,649
Newcastle RC	2,551,785
UTS Rowing Club	1,998,538
Nepean Rowing Club	1,992,376
Mosman Rowing Club	1,853,274
Abbotsford RC	1,771,775
Newcastle Uni BC	1,084,254
North Shore RC	854,054
UNSW Rowing Club	336,301
Sydney Uni BC	274,445
St George RC	257,333
Shoalhaven RC	219,071
Armidale Rowing Club	189,960
Sydney Rowing Club	189,833
Penrith Rowing Club	104,020
Port Macquarie BC	83,000
Lake Macquarie RC	18,770

Rowers in Focus

Return to Rowing

Thank you to everyone for working together. This month we got back on the water and back in the gym from yesterday. Please keep an eye on google sheets for an up to date program.



Learn to Rows

We have been busy with learn to rows this past month. We do have some new rowers joining us. We are hopeful that this will continue over the coming months. We are also looking forward to welcoming back the Penrith High school program and will be looking to reintroduce the Campion College program in due course.

If you see a new member please introduce yourself and help them out if needed.



★ HAPPY ★ BIRTHDAY!

Rowers Birthdays of the Month

Fiona Jackson 11th July

Brodie Roots 18th July

Angus Harrold 21st July

Alex Vella 26th July

July

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gym: 6-7am OFF	2 OFF Rowing: 4:30-6:30pm	3 Gym: 6-7am Row: 4-6pm	4 Rowing: 8-10am OFF
5 Rowing: 8-10am OFF	6 Gym: 6-7am OFF	7 OFF Rowing: 4:30-6:30pm	8 Gym: 6-7am OFF	9 OFF Rowing: 4:30-6:30pm	10 Gym: 6-7am Row: 4-6pm	11 Rowing: 8-10am OFF
12 Rowing: 8-10am OFF	13 Gym: 6-7am OFF	14 OFF Rowing: 4:30-6:30pm	15 Gym: 6-7am OFF	16 OFF Rowing: 4:30-6:30pm	17 Gym: 6-7am Row: 4-6pm	18 Rowing: 8-10am OFF
19 Rowing: 8-10am OFF	20 Gym: 6-7am OFF	21 OFF Rowing: 4:30-6:30pm	22 Gym: 6-7am OFF	23 OFF Rowing: 4:30-6:30pm	24 Gym: 6-7am Row: 4-6pm	25 Rowing: 8-10am OFF
26 Rowing: 8-10am OFF	27 Gym: 6-7am OFF	28 OFF Rowing: 4:30-6:30pm	29 Gym: 6-7am Rowing: 4:30-6:30pm	30 OFF Rowing: 4:30-6:30pm	31 Gym: 6-7am Row: 4-6pm	

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