Nepean Rowers News

2nd July 2020

Vol. 2, Issue 6

Welcome

 ${\sf T}$ his 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 form the 20th July
- Crew rowing allowed from 1st July



Upcoming

Events

Nepean Erg testing:

July Erg: 2k r24 or 1k r26

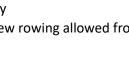
Please add your times directly to the 2020.21 NRC Google sheets. For rowers wanting to represent Nepean at State and Nationals this testing is mandatory, and we also encourage all members to get involved.

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/schoolholiday-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 LEADE	R BOARD	MASTERS LEADER BOARD	
Nepean Rowing Club	672.886	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
				Nepean Rowing Club	1,190,538
Newcastle Uni BC	198,707	Nepean Rowing Club	129,002	North Shore RC	854,054
Penrith Rowing Club	104,020	Leichhardt RC	100,856	UTS Rowing Club	385,648
Newcastle RC	103,377	Shoalhaven RC	24,403	St George RC	257,333
Sydney Rowing Club	53,253			Newcastle Uni BC	237,388
Armidale Rowing Club				Shoalhaven RC	194(668
the second s	33,131			Armidale Rowing Club	156,829
UNSW Rowing Club	13,100			Port Macquarie RC	88,000
				UNSW Rowing Club	74,761
				Lake Macquarie RC	18:770

OVERALL LEADER BOARD					
Leichhardt RC	5.028,427				
Glebe Rowing Club	4,453,649				
Newcastie 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.





Rowers Birthdays of the Month

Fiona Jackson 11th July Brodie Roots 18th July Angus Harrold 21st July Alex Vella 26th July



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	6	7	8	9	10	11
Rowing: 8-10am	Gym: 6-7am	OFF	Gym: 6-7am	OFF	Gym: 6-7am	Rowing: 8-10am
OFF	OFF	Rowing: 4:30-6:30pm	OFF	Rowing: 4:30-6:30pm	Row: 4-6pm	OFF
12	13	14	15	16	17	18
Rowing: 8-10am	Gym: 6-7am	OFF	Gym: 6-7am	OFF	Gym: 6-7am	Rowing: 8-10am
OFF	OFF	Rowing: 4:30-6:30pm	OFF	Rowing: 4:30-6:30pm	Row: 4-6pm	OFF
19	20	21	22	23	24	25
Rowing: 8-10am	Gym: 6-7am	OFF	Gym: 6-7am	OFF	Gym: 6-7am	Rowing: 8-10am
OFF	OFF	Rowing: 4:30-6:30pm	OFF	Rowing: 4:30-6:30pm	Row: 4-6pm	OFF
26	27	28	29	30	31	
Rowing: 8-10am	Gym: 6-7am	OFF	Gym: 6-7am	OFF	Gym: 6-7am	
OFF	OFF	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Rowing: 4:30-6:30pm	Row: 4-6pm	

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