

Nepean Rowers News: June 2019

21/6/19

This month saw us compete in the last regatta of the 2018/19 season and also compete in the first regatta of the 2019/20 season. A lot has been happening and there is still a lot to look forward to.

Regattas

Australian Masters Rowing Championships 22nd-25th May:

We finally made the much-anticipated trip across the country for the Australian Masters Championships. A big thank you to Mark and Jason without who the trip would not have run so smoothly. We only had six rowers and Mark make the trip, and we were very pleased with the results. Please find the full report online:

<https://www.nepeanrowingclub.com.au/news>



JB Sharp: Glebe 2nd June:

We had nine rowers compete at the first regatta of the season with five of them racing for the first time. It was a fun regatta and we thank the organisers for providing this opportunity for our rowers.

A full report can be found online:

<https://www.nepeanrowingclub.com.au/news>

Perth to Fremantle Head 26th May:

Jason and Aimee competed in the A-E singles. They both learnt a lot from the experience. We also had a last-minute call up with Will stepping up to fill in for a master's composite eight. A full report can be found online: <https://www.nepeanrowingclub.com.au/news>



Upcoming

JB Sharp: Leichardt 28th July: Remember to write your name on google sheets if you want to race or let Daniel know directly no later than Friday 19th July.

Events

Rowing 'Come Try Day' 9th June: Thank you to everyone who helped out. We had thirteen new comers come and give it a go. We did have some swimmers and I received a lot of positive feedback about the day.



Nepean Presentation Lunch 16th June: Thank you to everyone who came on Sunday to celebrate the past season and congratulations to all of the award winners and boat name recipients. A full list of winners can be found on the website: <https://www.nepeanrowingclub.com.au/news>

Upcoming

Nepean marathon erg 23rd June: This Sunday will see Jason, Magnus and Aimee take on a full marathon on the erg. Along with these three brave rowers we will also have a team of eleven rowers undertaking a team effort. It all kicks off at 6:30am, if you are available to come down and cheer them on, it would be great to have you along. Good luck to everyone who is giving it a go.

Nepean June Camp 29-30th June: We will be running a two-day camp on Saturday 29th and Sunday 30th June. This will involve three sessions on Saturday and two on Sunday. If you are interested in attending please let me know by this Sunday 23rd June at the latest.

Nepean June Camp 12-15th July: We will be running a four-day camp from Friday 12th to Monday 15th July. If you are available for all or some of this camp please let me know no later than 30th June. Full details will be released next week.

Nepean Time Trials: We will be running time trials this year for our events. We will be looking at running these in August and October. I will be making a call for volunteers next month.

Notices

Nepean

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: A reminder to please use google sheets to log your attendance to all sessions. Regatta attendance is also logged on the sheets. If you have any issues regarding using sheets please let me know.

Other

Penrith Valley Canoeing have an event on the 23rd June at 10:45pm. They have a license for exclusive use so it is asked no rowers row at this time.



Active Kids vouchers have now increased to two \$100 voucher's per child that can be used for two separate sport's per year. Nepean is an approved active Kids provider and accepts vouchers.

Rowers in focus

NSW Sprint Championships 2018- Club

Champions: We were awarded with the highest club point score cup at the RNSW presentation dinner on Friday 18th May at St George Rowing Club. Congratulations to everyone who competed in the regatta and contributed to this achievement.

