

Nepean Rowers News

11th June 2024
Vol. 6, Issue 3



Welcome

It has been a mixed three months. March and April saw some big regattas take place and then we began our break, but not before hosting a family fun day and running come try days for local school students. Nationals was a highlight for the club with a squad of nine attending the event. The final regatta for underage athletes took place with the grade championships and the club performed well in both big and small boats. The final regatta of the season saw five of our masters' rowers compete in the NSW masters regatta. We now look forward to next season beginning with off-season training which was due to commence last week but due to the water levels, this has been delayed to this week. The rowers are keen to get back into training and we will also have participants of the come try days partaking in a learn to row program this month.

Notices

Nepean

Renewals

A reminder to everyone who has not done so already to please send in your forms and payment as soon as possible.

Save the Date, Annual Presentation Lunch, 21st July

The annual presentation lunch will take place on the 21st of July. An email will be going out shortly to members to purchase tickets, but tickets can also be purchased by contacting Daniel directly.

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.

Upcoming Events/Regattas

Events

Erg Testing

Erg testing will resume in July.

Bridge Run 29th June

We will be running a bridge run on Saturday the 29th of June. The event will commence at 6:45am. More details will be sent out to members shortly, but please add your name to the sheet if you can attend. Friends and family of rowers are welcome to attend the event.

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.

Events/Regattas

Events

Family Fun Day, 21st April

We had about 30 rowers and family members take part in our fun day at the end of last season. It was a very well-received event, and we would like to thank everyone who was able to make it and we look forward to hosting another day like this in the future.

Come Try Day, School Holidays

We had over 25 local students participate in our come-try days over the past school holidays. Thank you to everyone who came down to give it a go. We are now running a learn-to-row program over the coming month for these participants, and we hope to see some of them continue rowing this coming season.



Regattas

NSW Schoolgirl Head of the River, 3rd March

We had ten rowers represent their schools at the NSW Schoolgirl Head of the River. The squad performed very well with nine of the rowers progressing to the finals. A special mention to Genevieve who came first in the year 9 division 3 quad with Pymble Ladies College and Ellie who placed second in the year 9 single representing St Columba's Catholic College.

AAGPS Head of the River, 16th March

Four members represented their schools at the AAGPS head of the River. Congratulations to them all on their results.

Australian Rowing Championships, 18-24th March

We had nine rowers represent the club at the Australian Rowing Championships. Everyone performed very well, and they should be proud of their results.

A special mention to the below rowers on their results.

Jason 🏆 MOL8+ and 🏆 MOL4x

Olivia 🏆 WU194x

Ezekiel 8th MU171x

We also had two boys, Lachie and Oscar rowing for Kings in the under 17 8+ and they claimed gold in the under 17 eight, congratulations to them on this achievement.

Jason also rowed in the NSW lightweight four (Penrith Cup) on the Sunday and the crew had a good race and placed 5th in a strong race.

Edward Trickett NSW Grade Championships, 13-14th April

It was great to again be able to boat both big and small boats at the NSW Grade Championships event which was the final regatta for our younger rowers. The club performed very well with placings in various boat classes. Congratulations to everyone who took part in the regatta.

NSW Masters Championships, 25-26th May

We had 6 rowers compete in the two-day event. The squad performed very well going away with 2 firsts, 5 seconds, and 3 thirds. Two standout performers were Jason Waddell going away with a bronze in the single, gold in the pair and quad along with a silver in the eight. This was on top of a second and third in the mixed double and quad respectively. Pal Grady also performed well claiming silver in the single, bronze in the double with her daughter Sienna, and was in the mixed quad.

Rowers in Focus



Captains Choice Podcast June 2024

Hi All,

This month's podcast is about oars settings:

<https://open.spotify.com/episode/237ES4ncNZAnWoMC8W1ojO?si=ZAF0L2HhRxusCBIpT-fkPA>

Thanks,

Jason

Dan's Thought of the Month

This month I will be exploring, winter training tips. Over the years I have seen many rowers make the most of off-season training, some overdo it and others have not capitalised on the opportunity. As always, I am happy to talk to members about this, but below are a few takeaways for me, to achieve a successful off-season.

- **If you are playing other sports:** Don't overdo it. Enjoy your other sport and fit in rowing whenever you can.
- **Maximise the extra training time:** without regattas taking place, the off-season is a good time to train hard and often. Your goals will determine what this means to you but make sure you put in the work necessary for your goals in the off-season, otherwise, you will be disappointed when the season commences.
- **Use other methods of training:** This is a time that for some, the best thing to do is to row less, and is an opportunity to use other training methods such as running, and biking to get fit. However, for younger athletes looking for quicker gains, erging, and rowing are important.
- **Don't overdo it:** Too often rowers want to do too much in the off-season. While it presents a good opportunity to make some good gains you need to remember that progress takes time and rushing the process often leads to not enjoying it, and also increases the risk of injury

Nepean Club Rowers at Schoolgirl Head of the River

BY NOEL BOWSELL

THE Nepean Rowing Club had two crews represent their respective schools at the Schoolgirl Head of the River on Sunday at the Sydney International Regatta Centre (SIRC). It was a great weekend at the Centre and all of the crews performed very well against some tough competitors, said Daniel Waddell, Rowing Coordinator, Nepean Rowing Club.

Elle Taylor (St Columba's Catholic College) finished 2nd and Georgia Viera (Australian Christian College) 6th in Year 9 Single. Maria Edwards (Blue Mountains Grammar) 7th and Elyse Carrall (Parramatta Anglican College) 9th in Year 8 Single. Vira Young and Emily Beve (Blundell HE) 4th in Year 10 Double. Jessica Harris (Blue Mountains Grammar) 5th, Jade Sharpe (St Paul's Grammar) 6th and Sophia Whitlam (Blue Mountains Grammar) 12th in Year 11 Single. Genevieve Baskin (Public Ladies College) 1st in Year 9 Double 3 Quad.



The water party - and first Single photo support

COURTESY: JOHN WADDILL

Nepean Rowing Club in the medals at Edward Trickett NSW Championships



(R) Men's 4 Four: Far Left, Jason Waddell, Hugh Harrold, Lachie Rogers, Luca Bazzani. (L) Women's 8 Quad: Far Right Jade Sharpe, Elle Taylor, Sophia Whitlam, Vira Young. Taken at the Edward Trickett NSW Grade Championships. Photos supplied by Daniel Waddell

BY NOEL BOWSELL
MEMBERS of the Nepean Club (NRC) performed very well overall, coming away with two golds, two silvers and five bronze medals and the club placed eighth on the medal table. It was a great team effort, and we are proud of our rower's results.

Waddell said, "We had 19 rowers compete in the Championships regatta, which attracted over 370 rowers from around Sydney and the greater region. The club (NRC) performed very well overall, coming away with two golds, two silvers and five bronze medals and the club placed eighth on the medal table. It was a great team effort, and we are proud of our rower's results."

GOLD
Men's B Grade Double Scull: Jason Waddell and Hugh Harrold;
Men's B Grade Pair: Jason Waddell and Hugh Harrold
SILVER
Men's B Grade Single Scull: Hugh Harrold; Men's B Grade Coxless Four: Luca Bazzani, Lachie Rogers, Hugh Harrold and Jason Waddell
BRONZE
Men's C Grade Eight: Nik Walsh,

Joyca Kalantar, Daniel Waddell, Angus George, Lachie Rogers, Luca Bazzani, Hugh Harrold, Jason Waddell and coxswain Elyse Carrall;
Men's A Grade Single Scull: Jason Waddell;
Women's B Grade Double Scull: Jade Sharpe and Vira Young;
Women's D Grade Quad Scull: Elyse Carrall, Georgia Tjorn, Sophia Whitlam, Elle Taylor;
Women's B Grade Quad Scull: Elle Taylor, Jade Sharpe, Sophia Whitlam, Vira Young.

NRC members compete at Australian Rowing Championships



Eight, Daniel Waddell 6th from right.

NEPEAN Rowing Club (NRC) had eight rowers compete for the club and three rowers compete for their schools at the recent Australian Rowing Championships, which were held at the Sydney International Regatta Centre (SIRC), Penrith.

Daniel Waddell, Rowing Coordinator at NRC, said "We had some great results, and we are very proud of all of our rowers. The student rowers included: Jason Waddell, 3rd Men's Open Lightweight Eight and 1st Men's Open Lightweight Quad, Olivia Harris 2nd Women's Under 19 Quad, Enkol Pratt 5th Men's Under

17 Single Scull, Lachie Rogers and Oscar Parsons (rowing for The King's School) winning Gold for placing 1st in the Under 17 Schoolboy's Eight.
"A few of our rowers competed on the final day of the Australian Rowing Championships, with Jason Waddell representing NSW at the Penrith Cu (lightweight four). The boys gave it their best and came away with a 5th place.
"In other news, we also have the 'Come Try Day' sessions this coming weekend. For more details can be found at Come Try Day - NEPEAN ROWING CLUB - www.nepeanrowingclub.com.au/come-try-day



Lightweight Four, Daniel Waddell far right.



Quad, Daniel Waddell 1st from right.



Quad Olivia Harris 2nd from left.

Seeing double: Waddell named Sports Star winner a second time

NATHAN TAYLOR

12 months after winning his first Penrith Valley Sports Foundation Senior Sports Star Award, experienced rower Jason Waddell continues to go from strength to strength as he picks up his second glory.

The 31-year-old Cambridge Park local has just come off one of his best seasons as his rowing in the sport, representing his state for an incredible fifth time back in March.

Speaking with the Independent, the proud father said meeting for New South Wales on 18 rowers was one of the biggest achievements of his decorated career.

"This was a very big milestone for me, making my fifth state team," Waddell said.

"I was 17 when I made my first state team, so for this to be my fifth is pretty impressive."

"I always thought it would be cool to make 10 state teams - that's a huge achievement and the biggest I was looking for this season."

Waddell rowed for NSW at the Australian Rowing Championships, which were held at the Sydney International Regatta Centre in Penrith back in March.



Rower Jason Waddell is the latest Penrith Valley Sports Foundation Senior Sports Star.

Waddell and his NSW teammates put on quite a show - collecting three medals.

Waddell and NSW won gold in the Open Lightweight Men's Coxless Pair, bronze in the Open Lightweight Men's Quadruple Scull, and bronze in the Open Lightweight Men's Coxed Eight.

Waddell and his crew also picked up couple of fifth place finishes in the Open Lightweight Men's Double and Intermediate Lightweight Men's Coxless Four.

" Nationals went really well with great results," Waddell said. "The big difference for me as a team was everyone was very eager to do

well, which they were last year as well, but the amount of training we did this time was really good."

"We trained out of UTS Haberfield Rowers Club once a week in the mornings, 6.45 wake up at 7.15 then to drive in and do that before work at 7.30."

"Everyone was keen to get the

season to end in really paid off."

On top of the bling he was at Nationals, Waddell also collected a string of medals at the Rowing NSW Grade State Championships, including two gold, one silver and two bronze.

Last weekend in Penrith he also performed exceptionally well, winning one gold, three silver and a bronze medal at the Rowing NSW Masters State Championships.

As for what comes next?

Waddell will now enjoy the off-season before deciding on his next move.

"I haven't spoken to my wife about my goals for next season yet," the Nepean Rowing Club captain admitted.

"The ideal goal is to make the NSW team again as the Nationals will be down in June."

Nominated by his brother and coach Daniel Waddell, Jason's NSW Senior Sports Star Award is all thanks to grateful Penrith Panthers Leagues Club.

NSW Senior Sports Star of the Month winners take home a cash \$700 each for their efforts.

If you know someone who has achieved in their chosen sport, send us your nomination to Penrith Valley Sports Foundation.

Nominations forms are available at www.pvf.org.au.

★HAPPY★
BIRTHDAY!

Rowers Birthdays of the Month

June

Ammon Ferreira 12th

Olivia Harris 30th

GOLD SPONSORS



Tutti Frutti
CORPORATE



MAZE
GROUP



SILVER SPONSORS

