

Nepean Rowers News

18th March 2025
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Welcome

It has been a very busy period for our rowers. We have had plenty of regattas and training over this period, and it has been great to see our rowers perform so well both at training and at regattas. We are looking forward to two big upcoming regattas for our rowers. The Australian Rowing Championships will take place 24-30th March in Tasmania, and six of our rowers will be competing. The following week will see the final regatta for most of our rowers, the Edward Trickett NSW Grade Championships, which is a great way to end the season with the opportunity to do more crew boat rowing.

Notices

Nepean

Dropbox

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

2025/26

We will release details regarding membership for next season and training schedules later this month.

Other

RNSW Volunteers

Rowing NSW are after volunteers for their upcoming events. If you can help, please get in touch with them:
events@rowingnsw.asn.au

Upcoming Events/Regattas

Events

Erg Testing

This is a reminder that rowers must undergo testing if they race at the upcoming regattas. After the Edward Trickett regatta, erg testing will occur the following week.

Regattas ---

Australian Rowing Championships, 24-30th March

We have a squad of six rowers who will soon be heading to Tasmania to compete at the Australian Rowing Championships. We wish them luck at this big regatta.

Edward Trickett, NSW Grade Championships, 5-6th April

A reminder to rowers who want to compete in this regatta to add your name to the sheet by Friday 21st.

NSW Masters Championships, 17-18th May

Australian Masters Championships, 29-1st June

Events/Regattas

Regattas

Sydney Rowing Club Regatta, 1st March

We had ten rowers compete at the Sydney Regatta, which was an excellent experience for our rowers. We boated a few composite crew boats and one C grade quad that placed second. Small boats were the focus of the regatta, and our rowers performed well on the day.

NSW Schoolgirl/boy Head of the River, 8th and 9th March

It was a big weekend for our rowers who represented their schools at the NSW Schoolgirl and Schoolboy Heads of the River. Our rowers performed very well, with the highlights including:

- 1st SG 2x Viti and Sophia - Blaxland Highschool
- 2nd SG yr10 1x Ellie - St Columbus Catholic College
- 3rd SG yr9 1x Maiya - Blue Mountains Grammar
- 5th SG yr9 1x Elyse - Penrith Anglican College
- 5th SB yr8 1x Isaac - St Paul's Grammar
- 7th SB yr10 1x James - St Dominic's College

Events

Platypus Restoration Day, 2nd March

Thank you to the rowers and their families who participated in a Platypus restoration day. This was a great initiative that Lisa Harrold provided us with, and our rowers and their families thoroughly enjoyed it.



Rowers in Focus



Captains Choice Podcast March 2025

Hi All,

This month's podcast is about staying focused on power and technique:

<https://open.spotify.com/episode/6E4UwLulaQbtqBP8cNE3si?si=FJzBsHN5TXmkyPWffVaTmw>

Thanks,

Jason

Dan's Thought of the Month- March 2025

I have a quick one for this month: Always focus on your own progress and not on others.

As we near the end of the season, it is a good time to start reflecting on what you have achieved this season. This should not be measured by how many medals you have won but by your progress. If this progress is a good reflection of your work, you should be happy with that.

NSW State Team

Congratulations to Jason Waddell on being named to the Penrith Cup crew. Also, congratulations to Miles Harrold, ex-Nepean rower and current Nepean coach, on being selected as a King's Cup reserve.

★HAPPY★ BIRTHDAY!

Rowers' Birthdays of the Month

March

Viti Young 3rd

Will Ralph 5th

Miles Harrold 9th

Harry Irving 18th

Nicholas Heffernan 21st

Aiden Hall 22nd

Joseph Dagleish 25th

Jade Sharpe 31st

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