

# Nepean Rowers News: May 2019

17/5/19

Welcome to the new monthly Nepean Rowers newsletter. This is a monthly recap of all matters regarding the rowing program. If you ever have any recommendations for content, please get in contact with me. Hope you enjoy it.

This month saw us compete in the last RNSW regatta and prepare for the last regatta of the 2018/19 season. The majority of rowers are into off-season training and are slowly adapting to the longer distance work and cooler conditions.

## Regattas

NSW Masters Championships 4-5<sup>th</sup> May: A small contingent of six Nepean rowers competed at the Masters State Championships and we went away with some great results. We placed sixth on the medals table. Please find a full report on the website: <https://www.nepeanrowingclub.com.au/news>



## Upcoming

Australian Masters Rowing Championships 22-25<sup>th</sup> May: We are fast approaching another interstate trip for the Australian Masters regatta. Mark and Jason have been pivotal to making this a reality. I wish everyone a safe and successful trip.

Perth to Fremantle Head 26<sup>th</sup> May: Jason and Aimee will be representing Nepean in the 17km head race in singles. Good luck to both of them, in what should be a wonderful experience.

JB Sharp: Glebe 2<sup>nd</sup> June: We will be competing in the first and second JB Sharp series regattas this year. Remember to write your name on google sheets if you want to race or let me know directly no later than Friday 24<sup>th</sup> May. This is a great opportunity for the younger/newer members but it is also some fun for the more experienced rowers.

Full event details: <https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/site/uvribq4jxbrldcp8.pdf>

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

## Events

Rowing 'Come Try Day' 9<sup>th</sup> June: We will be running our second 'Come Try Day' for the year, a FREE three hour introduction to rowing. Please share this to anyone who may be interested in trying rowing : <https://www.nepeanrowingclub.com.au/learn-to-row.html>

Nepean Presentation Lunch 16<sup>th</sup> June: The annual Nepean presentation lunch is fast approaching. Tickets are now on sale at reception and behind the bar. As always, tickets are heavily subsidised by the club, and are \$20 each, this includes lunch and drinks. Tickets will be on sale until Sunday 9<sup>th</sup> June. Don't miss out on a great celebration of another fantastic year for the rowers.

Nepean June Camp: We will be running a two-day camp on Saturday 28<sup>th</sup> and Sunday 29<sup>th</sup> June. This will involve three sessions on Saturday and two on Sunday. If you are interested in attending let me know or write your name down on the list in the regattas tab on google sheets. Information will be released early next month and will only be given to those who express an interest.

Nepean Time Trials: We will be running time trials this year for our events. I will be making a call for volunteers next month. Preliminary we will be looking at running these in August, October and December. Dates are yet to be confirmed.

## Notices

### Nepean

Boat Lights: We are at that time of year where 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.

Rowing Co-ordinator: Limited contact 19-30<sup>th</sup> May: I will be travelling to W.A. for the Australian Masters Championships between the 19-30<sup>th</sup> May. During this time I will still be able to be contacted but I would recommend emails as I will likely not be available at all times to talk.

Uniform Order: The uniform order form has been sent out today. Please return this to me tomorrow or email me your completed form no later than Friday 31<sup>st</sup> May.

### Other

Work on the Victoria bridge will take place on the 25-26<sup>th</sup> May. There will be no rowing on this weekend.

Penrith Valley Canoeing have an event on the 23<sup>rd</sup> June at 10:45pm. They have a license for exclusive use so it is asked no rowers row at this time. We will still be doing a morning session, 7-9am.

## Rowers in focus



Jooya Kalantar has been awarded with an NSW Union of Rowers \$1000 scholarship for his outstanding achievements this season. This is a great accomplishment by Jooya. This initiative helps inspire young up and coming rowers. Jooya will be presented with his scholarship at the RNSW Presentation dinner on Friday 18<sup>th</sup> May at St George Rowing Club.

On Monday 13<sup>th</sup> May the Prime Minister, Scott Morrison, visited the Rowing Club. Miles and Hugh took the opportunity to introduce themselves to him.

