

Nepean Rowers News

29th November 2019

Vol. 1, Issue 7

Welcome

The season is in full swing and it has been a busy month. The hard training continues along with regattas. This month we headed off to Newcastle for the second time this season. Please enjoy, and as always, let me know if you have anything to add for future editions.

Notices

Nepean



Google
Sheets

Raffle roster- The new raffle roster has been emailed out and is also available on sheets.

January Rowing camp 2nd- 9th and Taree Regatta 10-12th: If you have not already, please let me know if you are attending camp and or Taree. I will be in contact with everyone who has confirmed their attendance for shirt sizing shortly.

Other

Daniel Athanassopoulos- Massage Expressions of Interest: Daniel is offering his massage services to rowers. EOI are called for January camp and for ongoing session on weekends/weekdays. Pricing: \$75 for a 45min session or a 3 pack for \$210. If you are interested, please get in contact with me so I can organise with Daniel times/days that work.

Upcoming

Regattas

Independent Schools Championships, 30th November: Three Nepean rowers will be heading to SIRC to represent their schools. Miles and Hugh will be representing Penrith Anglican College and Sarah, St Paul's Grammar. Good luck to everyone for tomorrow.

RNSW Reindeer Regatta 7th December: This is a fun regatta that also gives us a good opportunity to race at SIRC and record times. Remember to bring your decorations to dress up your boat for the day. RNSW will also be running a food drive over the weekend, please visit the website for more details: <http://www.rowingsw.asn.au/news/2019-foodbank-food-drive/>



NSW Sprint Championships, 8th December: We are looking forward to another sprint regatta and are excited to put out some new combinations in crews and see where the singles are at, at this stage of the season.

NSWIS TT4, 14th December: The final NSWIS time trial will be held on the 14th December, please add your name to sheets no later than Sunday 1st December if you want to compete at this event.

Events

December Clean up, Sunday 15th December: The final clean up day for the year. We will again be working on boats and doing a few odd jobs.

Erg testing week, December 16th-22nd: I know everyone is looking forward to the final erg test for the year. This will be 1 or 2km depending on your age and goals. Saturday 21st at 8am will be the group test but if you are unable to do that day you may complete the test anytime that week (or earlier if you are going away).

Regattas/Events

NSWIS TT3, 16th November: Kate, Sienna, Aimee, Edee and Sarah competed in the third NSWIS time trial. Congratulations on your results and I am sure we will see improvements come the final time trial in December.

CDRA Sprints, 17th November: We headed to Newcastle for the Central Districts Rowing Association Sprint Championships. We had windy conditions, but this did not impede the racing and we had a good day. We retained the Throsby GIFT relay for the third year running which was a big achievement for us. A full report is available online:

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



Maintenance Day, 9th November: Thank you to everyone who came to the clean up day, we again were able to do some odd jobs, including putting the Ken Henson 2 back together.

Nepean Camp: November, 23-24th November: A well-attended camp saw twenty eight rowers take part. Thanks to everyone who came along and I hope everyone who came was able to get something out of the sessions they attended.

Events

Come Try Day, 3rd November 9-12pm: We had thirteen newcomers attend our final come try day for the year. It was another successful day, thanks to the rowers who came down and supported the event by jumping into boats, carrying boats and helping wherever needed.



Rowers in Focus

Dropbox- Rowing photos and videos: This is a reminder that photos and videos of both training and racing are available on the club Dropbox. If you need the link, please let me know. I would highly recommend rowers look at these, both for enjoyment but also to use them as a feedback tool for your rowing. A special thanks to Belinda who took many photos of the Newcastle University and CDRA Sprints regattas which are available on Dropbox.

Pathway eight training day, 24th November: On Sunday 24th November I went along with 5 Nepean juniors, Miles, Hugh, Aimee, Edee and Sarah to Mosman Rowing Club to be part of the NSW Pathway eight training day. These days provide an opportunity for juniors to row with other similar level juniors with the goal of being selected into the NSW pathway eights, that compete in April at SIRC in a race against other states junior eights. The day involved rowing in eights and various tests on land. Good work to everyone who attended and hopefully we will see some Nepean members in the eights come April.



Penrith Highschool- land session, 25th November: Due to the recent weather we have had to miss some sessions however on Monday, 25th November, we had seventeen Penrith Highschool students participate in a land session (due to forecasted storms) that was full of energy and exciting to watch.

Missed photo opportunities: This month we have had rowers fall in, put oars in the wrong way and have gates the wrong way, and unfortunately, I have missed these photo opportunities. I will ensure that I capture these in the future. Also, remember, if you have anything you think should be added to the newsletter, do not hesitate to let me know.

December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Rowing: 7-9am Rowing: 10:30-12pm	2 Gym: 6-7am PHS: 4-6pm	3 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	4 Gym: 6-7am Rowing: 4:30-6:30pm	5 Rowing: 5:30-7:30am Boat Loading: 4-6pm	6 OFF Rowing: SIRC	7 Reindeer Regatta
8 State Sprint Championships	9 OFF PHS: 4-6pm	10 Rowing: 5:30-7:30am Rowing: 4-6pm	11 Gym: 6-7am Rowing: 4:30-6:30pm	12 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	13 Gym: 6-7am Rowing: 4-6pm	14 Rowing: 7-9am Rowing: 10:30-12pm
15 Rowing: 7-9am Cleanup: 9:30-12pm	16 Gym: 6-7am PHS: 4-6pm	17 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	18 Gym: 6-7am Rowing: 4-6pm	19 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	20 OFF Rowing: 4-6pm	21 Erg Test: 8-9am Rowing: 10:30-12pm
22 Rowing: 7-9am Rowing: 10:30-12pm	23 Gym: 7-8am Rowing: 4-6pm	24 Rowing: 7-9am OFF	25 OFF	26 OFF	27 Gym: 7-8am Rowing: 4-6pm	28 Rowing: 7-9am OFF
29 Rowing: 7-9am OFF	30 Gym: 7-8am Rowing: 4-6pm	31 Rowing: 7-9am OFF				

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