

Nepean Rowers News

11th November 2024
Vol. 6, Issue 7



Welcome

It has been a busy two months. The season is in full swing, and the rowers continue to train hard. We have held our two Head events that ran very well, thank you to everyone who volunteered on the days. The NSW High Performance Time Trials have also begun, and we have had rowers competing in each of these. We have our first SIRC regatta this weekend with the NSW All schools Championships which provides an opportunity for our junior rowers to represent their schools. As the year comes to a close, we also have our Christmas party to look forward to, which will be held on the 14th of December.

Notices

Nepean

Dropbox

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

Tools

This is a reminder to rowers that you require tools for regattas and training sessions. Jason has offered to purchase a \$25 starter tool kit for rowers, please contact him if you would like to take up this offer:

jason@nepeanrowingclub.com.au

Snakes

Please be aware that snakes have been spotted around the gym and shed.

Gym Lights

This is a reminder to members to please remember to turn off all the lights in the gym when you leave.

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

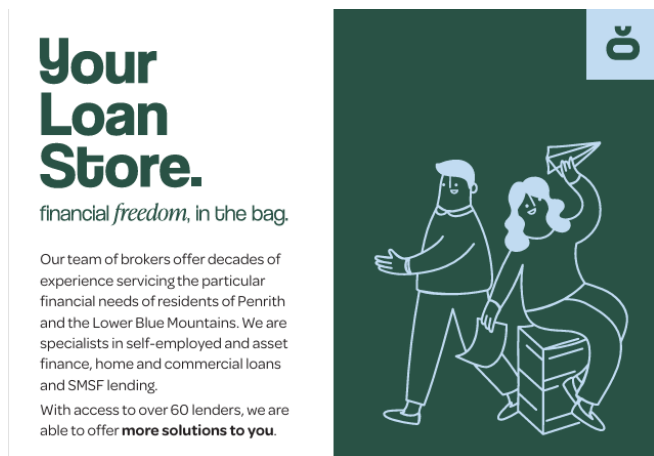
CHS Championships, 12-13th December

This year's CHS regatta will be on the Nepean River. If you are able to help at this event, please let me know.

2024.25 Sponsors

Thank you to our sponsors who continue to support our rowing program. The new poster is at the end of the newsletter and details of each sponsor can be found on our website: [Sponsors 2024.25 - NEPEAN ROWING CLUB](#)

A new sponsor for this season is, 'Your Loan Store'



Your Loan Store.
financial *freedom*, in the bag.

Our team of brokers offer decades of experience servicing the particular financial needs of residents of Penrith and the Lower Blue Mountains. We are specialists in self-employed and asset finance, home and commercial loans and SMSF lending.

With access to over 60 lenders, we are able to offer **more solutions to you.**

0%

The advertisement features a dark green background with white line art of a man and a woman. The man is standing and gesturing, while the woman is sitting on a stack of boxes, holding a paper airplane. A small white box with '0%' is in the top right corner.

Upcoming Events/Regattas

Events

Erg Testing

Erg testing will not take this month, but our next test will occur at our upcoming camp in December.

Come Try Days

We will be conducting come try days in December and January for students aged 12-18 years old. We will post more details on our socials and website shortly. Please contact Daniel if you are interested in taking part:

daniel@nepeanrowingclub.com.au

Christmas party, 14th December

We are excited to have a date locked in for this year's Christmas party. Thank you to Anne and Ruth for organising this year's event. If you did not receive the invite link, please contact me.



YOU ARE INVITED TO OUR
DARSOME
Christmas Party

Saturday 14th December 2024
FROM 3:00 PM
NEPEAN ROWING CLUB
32 BRUCE NEALE DR, PENRITH

The poster has a blue background with a white and blue striped top border. It features two crossed rowing oars. The text is in white and blue, with 'Christmas Party' in a large, white, cursive font. At the bottom, the date and location are listed in a smaller font.

Regattas

NSW All Schools Championships, 16th November

We have twelve rowers that will represent their schools at this new event created by RNSW that allows rowers from all schools to compete against each other.

NSW HPP TT #3, 16th November

We have three rowers competing at the third time trial and we are looking forward to seeing them improve from previous time trials.

Newcastle University Boat Club Regatta, 1st December

We are looking forward to travelling to Berry Park to compete at the Newcastle University regatta. If you have not already put your name down, please do so by Sunday 17th November at the latest.

RNSW Reindeer Regatta, 7th December

This will be the first SIRC regatta for the entire club and it will be great to see where everyone is at as we build into the peak of the season.

NSW Sprint Championships, 8th December

The sprint championships are always a fun regatta, and we look forward to the event every season.

Events/Regattas

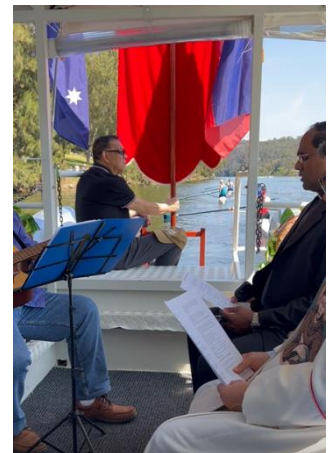
Events

Fluvial Festival, 14th September

The Australian Devotees of Our Lady of Penafrancia celebrated a milestone event this year - the 100 years of the Canonical Canonisation of Our Lady of Penafrancia. We had four rowers participate in the event, and we look forward to our rowers continuing to be involved in it in the future.

WSAS Events

The Western Sydney Academy athletes have been busy lately. Our eleven members and two coaches have attended the annual presentation, rowing strength testing, coaching induction and athlete induction. It has been a busy period for our academy athletes and coaches and we know these activities will assist them as the season progresses.



NSW HPP TT #1 21st September

The first Rowing NSW High-performance Pathway TT took place on the Nepean River on the 21st September. The conditions were perfect and our rowers enjoyed the challenge, with most of our group participating in their first ever NSW TT.

Oceania Youth Beach Sprints Championships & NSW All Schools Beach Sprint Championship 4-5th October

We had 9 rowers compete at this newly added event. It was a good experience for all the rowers that attended, and we look forward to continuing to attend these events in the future. Jade Sharpe placed second in the under 19 category and Sophia Whitelaw placed fourth. Hugh Harrold placed third in the open division.

Nepean Head #1 6th October

Our first event was a well-run event and we would like to thank everyone who made it possible. The club volunteers along with the RNSW volunteers ensured the day ran smoothly. We had 200 competitors enter the event which was a good turnout for the event.

Thank you to Jason for providing photos for the event: <https://trojan-photography.myportfolio.com/head-of-the-nepean-1-2024>

NSW HPP TT #2 12th October

We had seven rowers compete in the October time trial. It was good to see their progress from last months' time trial and we know they will continue to improve as the season goes on.

Nepean Head #2, 10th November

Thank you to everyone who made the event possible. Again, the volunteers were great and ensured the ran smoothly. It was a big event for us with 350 competitors and it was great to see so many boats on the water.

Thank you to Jason for providing photos for the event: <https://trojan-photography.myportfolio.com/head-of-the-nepean-2-2024>

Rowers in Focus



Captains Choice Podcast November 2024

Hi All,

This month's podcast is about your resting heart rate:

<https://open.spotify.com/episode/6dY64isvP6opbqbQWCAYKu?si=3a935c1c5a444394>

Thanks,

Jason

Dan's Thought of the Month- November 2024

I will continue the theme of race-specific advice and this month I will explore race plans.

In the past, I have worked with rowers to create quite intricate plans, but over the years, I have changed my approach. I found complicated plans encouraged sporadic pacing and involved too many things to focus on.

I think the best plan is a simple plan that is specific to the rower/crew. You do not need to have a push or a focus point every 250/500 metres in order to have an effective plan. Instead, focus on having focus points throughout the race that are relevant to that section of the race and to you personally.

I strongly recommend that all rowers have a plan before every race. If you need help creating a plan, please let me know.

★ HAPPY ★
BIRTHDAY!

Rowers Birthdays of the Month

November

Ellie Taylor 4th
Tina De Vries 9th
Ezekiel Pratt 28th

GOLD SPONSORS



SILVER SPONSORS

