

Nepean Rowers News

1st November 2019

Vol. 1, Issue 6

Welcome

The season has begun, and we have had a good start. We had our final Nepean event for the season, headed to SIRC, made a trip to Newcastle, and even had a few rowers compete in the NSIWS time trial. It has been a busy month and is just the beginning of what is shaping up to be a good season for Nepean. Please enjoy, and as always, let me know if you have anything to add for future editions.



school is eligible to race at this event. If you have any questions, please let me know.

Events

Come Try Day, 3rd November 9-12pm: We will be holding our final 'Come Try Day' for the season this Sunday. We have had good numbers register for the day, and we look forward to showing newcomers our sport.

Maintenance Day, 9th November: Our next maintenance day will again involve boat work but also other small odd jobs. If you can help, please add your name to Google sheets.

Nepean Camp, 23-24th November: We will be holding another camp in November. I will send out information next week. I will require numbers by the 17th November.

Notices Nepean



Combined High Schools Championships- Will be held at SIRC on Friday 21st February. The regatta has been added to the regatta calendar online: <https://www.nepeanrowingclub.com.au/regatta-calendar-201920.html>

Other



Penrith Real Festival, 1st and 2nd November: There will be river closures in place with the River festival taking place this weekend. However, we have been granted access to the river for our sessions as set out on sheets.

Upcoming

Regattas

NSWIS TT3, 16th November: Entries are due by the 3rd November. Please note that all rowers will be racing 5km.

CDRA Sprint Championships, 17th November: Entries are due by the 3rd November. We will be heading to Newcastle for the final time this season, good luck to everyone who is racing. We will be aiming to retain the Throsby Gift trophy this year, after having won it the last two years.

Independent Schools Championships, 30th November: Entries are due by the 17th November. Anyone who does not attend a public school or GPS

Regattas/Events

Nepean Head #2: 5th October: We held another successful event, which was in large part because of the member's support, with twelve members helping on the day. We also had eighteen members race. Congratulations to all rowers on their performances.

Results:

<https://regattas.rowingsw.asn.au/regattas/4859>

RNSW Spring: 19th October: We headed off to SIRC for the first time this season. We had thirty-four members compete on the day. It was a big and successful day of racing, despite the unfavorable conditions in the afternoon that led to the early conclusion of the regatta. Congratulations to everyone on their hard work, and thank you to all those that helped make the day possible. Please remember photos of regattas are available on Dropbox, if you require the link, please ask.



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

NSWIS TT2: 26th October: We had six Nepean rowers compete in the second NSWIS time trial. A special mention to Kate for competing in her first event back for over a year.

Newcastle

University: 27th

October: Twenty-one rowers headed to Berry Park for the first and final time this season. A short write up and photos:



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

Events

Maintenance Day: 5th October 10-12pm: Seven members helped move boats and do odd jobs. Thank you to everyone who helped.

October Camp: 11-14th October: We had a successful camp, with twenty-four members taking part in the camp. It proved to be good preparation for the RNSW Spring regatta, which was the following weekend.

Rowers in Focus

Nudgee College QLD: I recommend to rowers, especially the younger ones, to watch the recently released Nudgee college rowing documentary. It gives a good insight into schoolboy rowing but more generally high-level junior rowing:

<https://www.youtube.com/watch?v=N4cOTPZ4fA0>

November

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Gym: 6-7am Rowing: 4-6pm	2 Rowing: 7-9am Rowing: 10:30-12pm
3 Rowing: 6:30-8:30am Come Try Day: 9-12pm	4 Gym: 6-7am PHS: 4-6pm	5 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	6 Gym: 6-7am Rowing: 4:30-6:30pm	7 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	8 Gym: 6-7am Rowing: 4-6pm	9 Rowing: 7-9am Rowing: 10:30-12pm
10 Rowing: 7-9am Maintenance: 10-12pm	11 Gym: 6-7am PHS: 4-6pm	12 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	13 Gym: 6-7am Rowing: 4:30-6:30pm	14 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	15 Gym: 6-7am Rowing: 4-6pm	16 NSWIS TT3 Boat Loading: 9-11am
17 CDRA Sprint Championships	18 Boat unloading: 4:30-6:30m	19 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	20 Gym: 6-7am Rowing: 4:30-6:30pm	21 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	22 Gym: 6-7am	23 NRC Camp: 7am-3pm
24 NRC Camp: 7-12pm	25 PHS: 4-6pm	26 Rowing: 5:30-7:30am Rowing: 4-6pm	27 Gym: 6-7am Rowing: 4:30-6:30pm	28 Rowing: 5:30-7:30am Rowing: 4:30-6:30pm	29 Gym: 6-7am Rowing: 4-6pm	30 Rowing: 7-9am Independent Schools Championships

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