

Nepean Rowers News

30th September 2019

Vol. 1, Issue 5

Welcome

The off season continues for another month, with training continuing as normal. We are slowly getting closer to the start of the regular season with time trials still being the focus for now. Please enjoy and as always, let me know if you have anything to add for future editions.

Notices

Nepean

Code Changes: The School shed and NRC shed codes have changed. These have been emailed out to members. Please contact me if you did not receive the new codes.

NRC regatta schedule: The Schoolgirl and Schoolboy Head of the River dates have been announced. They will be held on the 4th April 2020 as a combined regatta. Updated calendar:

<https://www.nepeanrowingclub.com.au/regatta-calendar-201920.html>

Other

Penrith Real Festival: To be held on the 1st and 2nd November. There will be restricted water access during this time, I will provide more information next month.

Upcoming

Regattas

Nepean Head #2: 5th October: If you can help at this event please let me know as soon as possible.

RNSW Spring: 19th October: A reminder that entries are due by 6th October.

NSWIS TT2: 26th October

Newcastle University: 27th October

Events

October Camp: 11-14th October: We will again be running an extended camp during the school holidays. This will also provide an opportunity to



row in crew boats that will race the following weekend at the Spring regatta. Please let me know no later than the 6th October if you can attend.

Maintenance Day: 5th October 10-12pm: Our next maintenance day will again focus on boat maintenance. We have some new quads for learn to rows and will begin getting them ready for the water.

Come Try Day- 3rd November 9-12pm: This is already filling up quickly so if you know anyone who is interested, please get them to sign up soon.

Regattas/Events

Regattas

NSWIS TT1: 28th September: The first NSWIS time trial was held on the weekend. Aimee and Macyala competed in the under 17 division while Sienna raced in under 23's. Good work to everyone who competed.

Results:

<https://regattas.rowingsw.asn.au/regattas/4856/>

Events

Nepean Camp: 14-15th September: 28 rowers participated in the camp. We had perfect conditions for rowing and it again saw rowers complete their erg testing for the month. Thanks to everyone who came along.

Maintenance day: 22nd September: 8 helpers came along and helped with boat maintenance and a few odd jobs, including cutting up one of the damaged boats.



Rowers in Focus

Lizard saved: Miles and Hugh Harrold helped a stranded lizard to land after Miles spotted it in the middle of the river.

Western Sydney Academy of Sport: held its annual presentation dinner on the 21st September. This also aligned well with the conclusion of the program that was supported by NSWIS and saw ten girls participate over the six months. Four of the girls from the program attended the night. Annelise Isaacs was awarded with the athlete of the program award. Lyn Edwards was also awarded a certificate of appreciation for the club's support of the program. We look forward to an ongoing relationship with the Academy, with a new program beginning early next year.



Going for a swim: Miles Harrold went for an unexpected swim this month during a technique row.



October

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rowing: 5-7am Rowing: 4:30-6:30pm	2 Gym: 6-7am Rowing: 4:30-6:30pm	3 Rowing: 5-7am Rowing: 4:30-6:30pm	4 Gym: 6-7am Rowing: 4-6pm	5 NRC Head #2
6 Rowing: 7-9am Maintenance: 10-12pm	7 Gym: 6-7am PHS: 4-6pm	8 Rowing: 5-7am Rowing: 4:30-6:30pm	9 Gym: 6-7am Rowing: 4:30-6:30pm	10 Rowing: 5-7am Rowing: 4:30-6:30pm	11 NRC Camp	12 NRC Camp
13 NRC Camp	14 OFF PHS: 4-6pm	15 Rowing: 5-7am Rowing: 4:30-6:30pm	16 Gym: 6-7am Rowing: 4:30-6:30pm	17 Rowing: 5-7am Rowing: 4:30-6:30pm	18 OFF Boat Loading: 4-6pm	19 Spring Regatta
20 OFF	21 Gym: 6-7am PHS: 4-6pm	22 Rowing: 5-7am Rowing: 4:30-6:30pm	23 Gym: 6-7am Rowing: 4-6pm	24 Rowing: 5-7am Rowing: 4:30-6:30pm	25 Gym: 6-7am Rowing: 4-6pm	26 NSWIS TT2
27 NUBC Regatta	28 OFF PHS: 4-6pm	29 Rowing: 5-7am Rowing: 4:30-6:30pm	30 Gym: 6-7am Rowing: 4:30-6:30pm	31 Rowing: 5-7am Rowing: 4:30-6:30pm		

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