

Nepean Rowers News

13th September 2024
Vol. 6, Issue 6



Welcome

The season is quickly approaching, and it is great to see our rowers continue to train hard and prepare for the upcoming events. We had our first long-distance regatta along with erg testing this month, and there were some promising results. Some of our rowers will take part in the NSW HP TT later this month, and our rowers will take part in a camp at the end of this month that will involve erg testing, plenty of rowing, and some timed pieces at SIRC in preparation for the first SIRC regatta next month. In exciting news, we have also confirmed our sponsors for the 2024.25, and we would like to thank them all for their support.

Notices

Nepean

Regatta and camp sheet

The regattas for the 2024.25 season, along with the October camp schedule, have been finalised and are now on sheets for members to add their names to. Please add your name at least two weeks before each event.

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

Other

Fluvial Festival, 14th September

The Australian Devotees of Our Lady of Penafancia will be celebrating a milestone event this year - the 100 years of the Canonical Canonisation of Our Lady of Penafancia.

In Penrith, we will be celebrating the Centenary Year on Sat 14th Sept 2024 with a fluvial procession on the Nepean River scheduled from 12:00 pm to 1:00 pm.

The Nepean rowers will be getting involved this year. If you would like to take part in the row, please let Hugh know as he will be organising the rowers on the day: hugh@nepeanrowingclub.com.au

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](#)

We would like to welcome a new Gold sponsor for the 2024.25 season, 'Your Loan Store'

Jeremy and Anne are delighted to share the news that we have moved to a new paddock and opened our own broker business called **Your Loan Store**.

Our team of home loan 'heroes' has access to over 60 lenders and a range of loans to ensure your financial freedom is in the bag.

We offer more solutions and opportunities for the self employed, refinancing and first home buyers. We have a shared passion for creating self-managed super fund loans to give you more control over your retirement.

Of course you can still benefit from the same great service you have come to expect from our dedicated team.



Please share the good news to recommend our services and reach out if you or someone you know is keen to see what we can do to help them on their home loan journey.



Upcoming Events/Regattas

Events

Erg Testing

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

Come Try Days

We will be conducting come try days this school holidays for students aged 12-18 years old. Please contact Daniel if you are interested in taking part: daniel@nepeanrowingclub.com.au

Regattas

NSW HPP TT #1, 21st September

This event is for our HP and under 17+ development rowers. The river will be closed from 6:30-9am on this day.

Beach Sprints, 4-5th October

We are looking forward to our first beach sprints regatta. If you would like to attend,, please make sure you add your name to the sheets no later than Sunday, September 22nd. It is a two-day event (the second day is for rowers who qualify for the finals), so I recommend rowers consider finding accommodation nearby.

Events/Regattas

Events

PVSF Awards

The Penrith Valey Sports Foundation Awards were held at Panthers on Friday, September 6th. Four Nepean rowers, Jason Waddell, Olivia Harris, Viti Young, and Ezekiel Pratt were nominated for awards. It was a wonderful night celebrating the success of Penrith athletes from various sports. Congratulations to our rowers for being recognised for their achievements, and we look forward to seeing them continue to achieve great results.

Regattas

Peter Kemp Classic, 13km, 1st September

We had a squad of seven rowers participate in the 13km race on the Hawkesbury River. It was a great day, and the rowers could experience a stretch of water that is rarely utilised by rowers. It was a scenic course, but our rowers did achieve some good results, with Ellie and Sophia taking out the under-19 double, James Baker winning the under-19 single and Jason Waddell placing second overall and being recognised for his efforts with a special award.



Rowers in Focus



Captains Choice Podcast September 2024

Hi All,

This month's podcast is about goal setting:

<https://open.spotify.com/episode/5itaqdXQhuVzgVjpK0xUFt?si=tpRjIMreQmKA2CqbR7UfPg>

Thanks,

Jason

Dan's Thought of the Month- September 2024

This month, I will be exploring steering. As we approach the regatta season, I think it is a good time to discuss steering. We are fortunate that the Nepean River is very straight and has few obstacles and watercraft traffic. I often find our rowers lack the ability to steer both in training and during racing due to this. I will explore this topic by splitting it up:

- Singles: Arguably, this is the easiest boat to steer as you are in complete control, and it is the most responsive to changes due to being lighter and shorter than other boats. However, it can also be difficult as you must do it yourself, which relies on you looking around and paying attention to how the boat moves. Rowing harder on one side to correct your course is taught early and, when needed, rowing with one oar only. The biggest key to steering a single is acting early and just making small adjustments
- Crews: The same principles apply however, here are a couple of tips: work together; it is a lot easier to get everyone in the crew to correct the course both for boat speed and balance purposes, the second point being that you need to allow plenty of room to correct your course due to it being a bigger, heavier boat that is moving considerably quicker than a single
- Foot steering: This can be a daunting task for new rowers, but when you learn how to use this tool, it is very useful and a lot more efficient than rowing harder on one hand or another. The key to success with foot steering is making minor adjustments as early as possible.
- Coxing: I will explore coxing in a separate thought in the future. However, the main takeaway for coxing steering is adjusting early and making only minor adjustments unless significant corrections are needed.

★HAPPY★ BIRTHDAY!

Rowers Birthdays of the Month

September

Maiya Edwards 7th

Angus George 29th

GOLD SPONSORS



SILVER SPONSORS

