

Captain's Report

Thank heavens for the end of daylight saving! The Lane Cove River is such a glorious place to row and it feels positively expansive with light and fewer crews as the schools' programs finish and end of the season looms..

The Working Bee was particularly effective this year – some times the shed and boats need concentrated major attention and the results speak for themselves. We had great fun with the North Shore Rose, seeing if people in particular seats noticed specific adjustments. No, we didn't short-sheet anyone, but Stroke Sue Wannan did appreciate the calibrating of stroke and bow side riggers, and No.7 Margaret Taylor appreciated the improvements in seat and slide!

Coming to the end of the competition season is always interesting. All over New South Wales there are master rowers getting as fit as they possibly can to go to Grafton for 5 & 6 May. We meet, row as hard as we can, have a good time – makes sense to me!

Congratulations to Sue Walter, selected for the State Masters Quad and Sue Wannan for the State Masters Eight – building on their triumph of last year. They will compete in these NSW crews at the National Masters Regatta in Nagambie mid May. Then we come back to launch our major fundraising drive – the North Shore Corporate Regatta. It makes a major contribution to the bottom line – that is better facilities for us, as well as introducing new members to the Club. Thanks to all those who have volunteered for the many tasks needed. (See separate report over the page.)

Norma Perry, Captain

Roseville College Rowing

So much has happened for the Roseville members since the last Club News. We have experienced a rowing camp at Penrith and an entire season of racing, highlighted by trips away to ISRA Regatta in Canberra, Nationals in Tasmania and culminating in the Schoolgirl Head of the River. Overall Roseville crews competed in 108 races for the season, placing in the top 3 on 76 occasions, which included 26 wins.

Firstly, all the girls, coaches and parents would like to thank the committee and rowers of NSRC for your support and understanding throughout the season. Success in racing will only come about due to successful training, and the training environment that we have at the club has been sensational. Also a big thank you from all the girls for the "Go Roseville" sign put up in the club for the week leading up to the big race. It was greatly appreciated.

The highlight for term 4 occurred on 26 November 2005 at the Roseville College Regatta, where we were successful in winning the Barbara Gordon Trophy which is presented to the school that wins the overall pointscore at the regatta. This was a remarkable achievement given the size of the schools that we were competing against and was a reward for consistently good results from all crews on the day.



January camp was again held at Penrith on the Nepean River and provided the basis for a very successful term 1 for all crews. Despite the undergrowth on the river it is a perfect training venue, and we were lucky enough to have relatively cool weather for most of the camp.

Apart from the Head of the River there were a number of highlights in term 1. The Independent Schools Rowing Association (ISRA) Regatta was held in Canberra in late February where we achieved 4 wins including an emotional win in the Champion Schoolgirl Eight race. Then a couple of weeks later the 1st IV and 1st VIII travelled to Lake Barrington for National Championships, which was a great experience for all involved at an absolutely sensational rowing venue.

The week before Head of the River right out in front of the clubhouse at the St. Ignatius Regatta, Roseville crews showed great lead up form for the big race by achieving 5 wins, 3 second placings and an unlucky third. Then at the Head of the River Roseville crews rowed their best races of the season and finished on an absolute high. The Year 9 1st Quad won the UTS Trophy, and in doing so won it for Roseville for the third successive year. The Year 9 2nd, 3rd and 5th Quads also had great victories in their races, with the 4th Quad finishing a close 5th. The Year 10 2nd Quad finished in a very strong 2nd placing and the 1st Quad finished 4th, less than a second out of 2nd and 3rd placings. The Open Single Sculler finished 3rd in the B Final and the 1st IV had a great race to finish 4th. All these great results were topped off by

the 1st VIII who stormed home with the fastest last 1000m of the race to secure 3rd (almost 2nd) place and the first podium finish by a Roseville crew in the blue ribbon event. Congratulations to all rowers on a great season.

Stuart Halsall
Rowing Coordinator & Head Coach

Congratulations to all Roseville Rowers and Coaches for coming third overall in the schoolgirls' placing for the season. Quite an achievement!

From all of us at NSRC.

Towels, more towels, please!

The supply of towels for drying boats and oars is getting a little depleted and tatty. Any Club Members who are about to throw out some of their towels at home, please donate them to the Club instead. Put them in the large plastic bin under the phone in the shed. Thanks.

Security

Following the horrors of Sydney University Men's Rowing shed burning down, a back-to-base motion and smoke alarm was installed in the club house. The alarm sets itself late in the day, so the first person who arrives in the morning must disarm it. If you are early and do not know the code, please wait outside until someone arrives who does know the code (and then learn it from them).

Also the roller doors to the pontoon have been repaired (thanks, Laurie Ormerod) so if you are rowing at the end of a session, please check whether any boats are out before you bring in the tinnies and lock up. (Check the book as EVERYONE who takes a boat out must put their name and boat name in the diary on the table on the verandah.)

Norma Perry, Captain

Corporate Regatta

Once again we are starting to plan the Lane Cove Challenge 2006, the Club's annual major fund raising event and Corporate Regatta. Training for the corporate crews starts on 5 June and runs for five weeks. The Corporate Regatta is on Sunday, 9 July.

For those Members not familiar with this fun event, it is a wonderful opportunity for non-members to learn to row or to re-ignite their interest and skills in rowing from perhaps days gone by. All crews train in an 8+ under the direction of one of our competent coaches, twice a week for five weeks and then compete against each other on 9 July. Companies often sponsor their crews (it's a great team building experience) or crew members from the same organisation may pay the seat fees themselves. Anyone who can put a group of 8 keen people together can enter a crew.

Crew members are all ages, mixed male and female, novice or some experience with rowing. It doesn't matter – it's all good fun. The Regatta Dinner is on Friday night, 7 July and the crews provide the entertainment by way of a skit. We often find hidden talent in these skits!!

A notice went out to all Members with a list of tasks for which Members could volunteer to help with the many tasks that need to be done. This activity takes a huge number of people to make it successful and anyone who can help out during the training or on Regatta Day is more than welcome. Please contact Sue Wannan, swannan@ozemail.com.au

And, of course, if you think you can get a crew together, let us know quickly. Contact me at linda@corporatelearning.com.au

Linda McDonald

Email addresses

If your friends are calling you a Neanderthal and you're still receiving this newsletter by snail mail and you really do have an email address to which we can send this newsletter, then please give it to us.

Email to Margaret Taylor at tayl2073@bigpond.net.au

Thanks, it helps us save time and postage.

Expert View

Mike Gribble, a Sports Psychologist at the AIS, says people who excel in rowing are likely to be high achievers in several areas of life.

"We have done extensive psychometric testing on these people. They tend to be very high in achieving, striving and self-discipline. Normally they have gone to a selective school because they are the only schools that have rowing as a sport." Gribble says.

He says with rowing being a team sport, "synergy" and "being connected when the oars go in the water" give rowers a sense of personal satisfaction.

"They feel they have a bonding experience we don't frequently get in the street," he says.

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