

Captain's Report

Welcome to a new season. The season began early this year with the Corporate Regatta. I extend our appreciation on your behalf to the ladies of the Corporate Regatta Committee on a job well done. Favourable comments were received from the Corporate Crews on the helpful and friendly attitude of club members.

The Spring and Nepean regattas on the weekend of the 28 & 29 October were attended by a small contingent of North Shore Rowers.

Congratulations go to the winning crews in the Masters Quad Scull at the Spring Regatta: Steve Briggs, Michael Perry, Paul Lazorou and Tony Wehby. Michael and Tony later beat Steve and Paul in the doubles to win the event and post a personal best. Well done.

The above regattas were the first running of the "Universal Sculling" the results of which are now available on the NSWRA website (<http://www.rowingmanager.com/rm/?regatta=06-07/spring>).

Congratulations to Mike Newington, David Pedder, Tamsin Brew, Norma Perry, Len Walter, Sue Walter, Sue Wannan and Jan Williams. They competed and ranked well in difficult conditions, the wind on Saturday making a very exciting ride in a single scull.

Some things to consider:
Parking: When dropping off rowers please do not enter the car park as it is only a single lane road and

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This is a particularly long edition of Club News and contains important information for all Members. Please read it all carefully and contact the relevant Committee Member if you have any questions or comments. We welcome comments about the newsletter as well as suggestions for content.

Linda McDonald, Editor
linda@corporatelearning.com.au

maneuvering in the crowded car park can delay your exit and impede those rowers and sailors wishing to park.

Theft: There are still reports of items being removed from the clubhouse. Please do not leave any valuables unattended in the clubhouse.

Security: No doubt you are all aware that an arsonist is targeting boatsheds; ours is about the only one left. The committee is implementing additional steps to prevent an arson attack. Obviously there is a cost but better to arrive at a functioning shed than smoking rubble. You can assist by being vigilant and ensuring that the club is locked up when you leave. Rowers please have at least one key with you when you are on the water as you may find the club secured when you return. Please record any observations in the Day Book.

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President's Report

Congratulations to everyone in the club involved in the very successful Corporate Regatta program. Thanks to the four organisers who did a great job, but thanks also to **those unsung heroes the coaches and substitutes for the eights**. Without their turning up each morning to give of their time and assistance the program would not have been as exciting and fulfilling for the crew members. Well done everyone.

Thank you to everyone for welcoming SCECGS Redlands to the club following the loss of their boatshed. Thanks go especially to the coaches who have generously made provision for them in staggering coaching times etc. Christopher Daunt-Watney, the Headmaster and Martin Gordon Head Coach have asked for me to pass on their sincere thanks to you for sharing the club with them at this difficult time.

LANE COVE RIVER FIRES

Most of you will know of the six successful arson attacks on sporting sheds on the river.

Following discussions your committee has proceeded to protect the clubhouse by a series of measures designed to limit the risk or impact of a fire in the club. You may have noticed changes to the outside floodlighting, photo-electric security beams, extra smoke

detectors, 24hr monitoring, fuel storage and the removal of the club's memorabilia.

We are in the process of installing a chain wire fence to the back and side of the club as well as the underside of the verandah, preventing access to the underneath of the clubhouse and to the pontoon from the shore. Fibrous cement sheets will also be installed against the lower weatherboard sections of the building to prevent slow burning incendiary fires being lit. These measures are to make it difficult for anyone to burn our club down.

We have had on site meetings with the police, fire brigade and Lane Cove Council regarding the situation and have found great support and advice from them.

Police Task Force: We do need you to be observant and report who is around the club, that have no business being there. The police have asked for any suspicious behaviour to be reported to Detective Sergeant Andrew Birch at Chatswood Police. He has asked for people to email him on birc1and@police.nsw.gov.au if they know of any information that would help with their investigations. Only this week it was reported that two people in a tinnie were acting suspiciously.

Following these measures we can get on with the business of enjoying our rowing and regatta involvement, now that the season is in full swing.

John Childs, President

Captain's Report (cont'd from Page 1)

Boat Allocations: We will be bringing back the Boat Roster. This is the large noticeboard to your right upon entering the club.

Boats will be allocated according to the following points system:

1. Regular crews.
2. Crew consists of all club members.
3. Crew is a racing crew.
4. Crew has a coach organised.

5. Crew has a tinnie organised. The allocation/booking will, primarily, be for the larger boats, 4+, 4X and 8+. Only the 8+'s can be booked on weekends. Please discuss any requirements with a member of the Boat Committee: (John James, John Pyle or Sue Wannan).

The boats are there for all to be shared and everyone has an equal opportunity. The club does have an active racing membership and we ask you to bear that in mind when requesting your slot.

There are two categories of boat:
· Restricted - available for crews training for regattas and senior experienced crews

· Unrestricted - available for all, including novices and learn-to-row participants.

· To book particular timeslots, apply to the Boat Committee: (John James, John Pyle or Sue Wannan), who can enter the reservation on the roster. If the boat is unclaimed by 15 minutes after the time reserved, it will be free for use by others.

There are generally considered to be two time slots 05:30 to 07:00 and 07:00 to 08:30. Don't forget that most days also have an afternoon and, with the advent of daylight saving, consider an evening row (remember to carry the requisite lights)..

Day Book: Before going out, record the names of the crew and the boat in the Day Book. This is required by our insurance policy as well as ensuring you will be missed if you do not return.

Safety: Lights – Be aware that the Waterways Authority checks safety lights. Details of the appropriate lights are listed on the Notice Board. Carry water and sun protection.

Pontoon: Please minimise time on the pontoon to avoid congestion. Keep the pontoon clear of water bottles, shoes and other items to avoid falls and endeavour to fix up on the water.

Boating: Please follow the diagram posted in the club for exiting from and returning to the pontoon. Put your boat in the water with the fin on your left

and clear of the left side of the pontoon. Row on the correct side of the river; the shore should be closest to bow side. Boats and oars must be washed and dried before being put away in racks

Coaching Boats: Drivers of motor boats must have a current NSW Maritime Authority license. Megaphones may not be used on the river before 8.00am.

John Pyle, Captain

Dates for your Diary

The Bay Committee is an unofficial group of several Sydney rowing clubs which aims to promote social rowing and good fellowship among the various local clubs. It is inviting all club members, of any age or standard, to the following events.....

MASS ROW

Saturday, December 2 - to support the protest being staged by Sydney University Boat Club, Glebe Rowing Club, dragonboaters, kayakers and canoeists against the establishment of a dry boat storage in Rozelle Bay. The proposed dry boat storage will be operating 24 hours a day, accommodate 600 boats and will also include every type of related boating service and requirement. Opponents are predicting an average of 20 boats an hour coming into the Blackwattle/Rozelle Bays, making these presently sheltered waters unsuitable for small craft.

The Mass Row hopes to gather dozens of rowing boats, dragonboats, kayaks and canoes to fill the bay at 8am on Saturday December 2.

The Bay Committee will put on a \$10 breakfast in Bicentennial Park (at the end of Rozelle Bay) at 7am – fruit juice, bubbly, muffins, fruit, coffee etc.

North Shore members could leave North Shore at 6am-6.15am, row across to Rozelle Bay, have breakfast, join the mass protest, and row back. We'll do it in 8+s and quads, with accompanying tinny.

Also, Sydney University Boat Club would like to hear from rowers who will go to their clubhouse at 7am and help fill their boats.

Tell Sue Wannan (details below) if you'd like to join in.

TWILIGHT EIGHTS

December dates are Friday December 1 and 8, and maybe also on December 15. Tell Sue Wannan (details below) if you wish to come.

Meet at Drummoyne Rowing Club at 5.30pm where you'll be allocated a seat in a boat. Have a fun race or two across the bay in scratch crews, then join in pizzas and beer afterwards. No cost (other than the pizzas and beer)

If you'd like to take part in any of these events, or want more info, please email Sue Wannan on swannan@bigair.com.au or call 9411 2119 or 0401 462 523.

Sue Wannan, Vice Captain

Club Coaching Sessions

The following sessions are open to all Club members.

SATURDAY SINGLES*: 7am-8.30am with John James. Advanced singles coaching. Numbers subject to boat availability.

SUNDAY LEARN TO SCULL* 8am.

John James runs these 6-week courses alternately with Learn to Row courses through the year. Check with John when he's starting the next one. Note this course is for club members only.

SUNDAY SINGLES*: 7.30am, with Norma Perry and Sue Wannan. For anyone who can get to the bridge and back in a single, but would like some company and basic coaching.

WEDNESDAY GROUP: 7am-8.15am, with Sue Wannan. This can be singles, doubles, quads or pairs, we change it week by week.

THURSDAY GROUP; 5.45am – 7am, with Sue Walter, Norma Perry and Margaret Taylor. Quad, doubles or 4+ coaching.

If you're interested in joining any of these groups please contact the person/people running the sessions.

Places are limited - it is essential that you advise the coach if you are coming AND be there 15 minutes before start time to get ready to go on the water.

John James dutson@ozemail.com.au

Norma Perry

perrypartners@bigpond.com

Sue Walter waltersue@hotmail.com

Sue Wannan swannan@bigair.com.au

*Note that regattas sometimes interfere with availability of coaches and boats for weekend coaching sessions.

LEARN TO ROW: John James runs six week learn to row programs for non-club members on Sunday mornings at 8.30 am.. A new program started on 12 November and runs for another 5 weeks. If you know any one who wants to learn to row, have them contact John so he can put their name on the list for the next program..

John James dutson@ozemail.com.au

Roseville Rowing Report

At 3.30pm on Saturday 4 November 2006, Sarah Pound the stroke of the 2006 Head of the River winning 1st Year 9 quad completed Roseville College's bid for a world record. 24 hours earlier, the Rowing Captain Steph Kelly started the record attempt and along the way the entire rowing squad of 65 girls contributed in the achievement.

The Concept II world record is for the category Large Group Junior Female. Over the 24 hour period the girls rowed a total of 326,532 metres at an average split of 2mins 12.3secs per 500m. Of the 65 rowers, 22 of them

had only been rowing a matter of months, however everyone did their bit to achieve a world record. It is difficult to highlight individual achievements in team record such as this, however special mention must go to Grace Mellowship (1st VIII 2005 & 2006) who completed an amazing 102.5 mins on the erg.

Understandably after spending 24 hours on the erg, the girls were given a week off erg training sessions. Special thanks to the committee of the Rowing Club for the club's generous sponsorship.

Apart from this exciting achievement the Roseville girls have been busy training up for their first regatta. Our first race for the season will be on Saturday 18 November, with the intermediate and junior squads racing at the Queenwood Regatta at Iron Cove and the senior squad racing the Head of the Parramatta. This season we have 7 junior quads, 3 intermediate quads, a senior four and a first eight, which is 3 more crews that last season.

Stuart Halsall, Rowing Coordinator & Head Coach

Reminders for all Members

Coaches in the Book

Reminder to all coaches, and their crews, that coaches' names and the tinny they use should be written in the day book each time they go out.

Last One Out Locks Up

If you might be the last person left at the club-house,

- Check the Day Book to see who's still not back. If all boats that went out are back....
- Put the tinnies, stands etc inside

- Shut and lock both roller doors
- Check the erg room windows and doors are locked
- Turn off the lights
- Reset the alarm on your way out the door.

Boats in the Book

If you are taking boats away overnight (e.g. distant regattas), please write this in the day book for the relevant period. (This is so the Last One Out (see above) doesn't think that there's someone still out on the river because there are boats not on their racks, and leave with tinnies still out, the club unlocked and unalarmed.)

Are you a Competitor? Are you registered with NSWRA?

If you wish to compete in any regattas in the 2006-07 season, remember you must be registered with the NSW Rowing Association first. If you are not, the club can be fined.

Sue Wannan, Vice Captain

North Shore Rowing Club Standards of Conduct

The Club has adopted the NSW Rowing Association's policies on Code of Conduct, Sexual Harassment and Working With Children Check.

These policies can be read online at <http://www.rowingsw.asn.au/documents/> and a copy of them is included in the forms lever-arch-file on the Clubhouse desk, near the Day Book.

In brief, these policies outline the type of behaviour encouraged by the Club, as well as giving some examples of behaviour deemed to be unbecoming. The policies also outline how a complaint about conduct, harassment or discrimination should be dealt with.

The Club seeks to operate in an environment:

- Where people show respect for others and their property
- Which is free from harassment
- Which is non-discriminatory

All Club members, including rowers, coaches and associate members, are expected to abide by these policies.

As part of these policies, it's important that you know that if you have a complaint about a club member's conduct you may refer it to either of the Club officeholders listed below for investigation.

John Childs, President
M. 0412 234 324 or
johnchilds@white-lite.com.au

Sue Wannan, Vice Captain
M. 0401 462 523 or
swannan@ozemail.com.au

If you have received this Club News by snail mail, it means we do not have an email address for you. If you have one, please send it to Margaret Taylor at tayl2073@bigpond.net.au

You know you're a rower when...

- ...everything you do is "in 2..."
- ...you need to have a small pushy person around telling you what to do all the time.
- ...you can get up, get dressed and get out of the house before your eyes are fully open.
- ...the phrase "cox box" doesn't make you giggle.
- ...you believe the world wouldn't exist without lycra.
- ...you only recognize your friends from behind.
- ...you stick water bottles in your shorts for no reason at all.
- ...you sit in meetings leaning to your rigger.
- ...half your body is bigger than the other.
- ...you blame bad moods on "the balance".
- ...your friends need a rowing translator to decipher your language.
- ...you can wear the same thing every morning for a week and not think twice.
- ...you think sleeping late is waking up at 8:30.
- ...everything's a race: you walk quickly to meetings, just so you can pass people
- ...when someone mentions being awake, you turn parallel and set up for it.
- ...when you sit down, you look for the tie-in shoes.
- ...you constantly check the tightness of nuts in handrails, chairs, door handles, etc.
- ...you bring up the beauty of the dawn, and people give you blank stares.
- ...overhearing people talk about how little sleep they got causes you to smirk.
- ...you watch videos together, and it's ok to say "She's looking really long."
- ...you dress and undress one-handed so you don't have to take your hand off the blade.
- ...every time you sit in a chair you are mildly surprised to discover that it doesn't slide back and forth