



BMRC Newsletter – March 2022

It's getting darker when we row in the morning and there may be unexpected hazards in the water – logs or even Big New Red Buoys! Keep yourself safe on the water with lights on your boat and by keeping a good lookout. Report an on-water 'incident' if you see or experience one.

From the President

Welcome to the March newsletter.

At the March meeting, the Committee identified the Winter Time Trail series as a great opportunity for newer BMRC members to develop confidence and competence. Please see the section on the Winter Time Trial in this newsletter.

In the last newsletter, we reported that the Club has agreed to buy a second-hand quad, as well as two new doubles. A way that Club members can support these purchases is through an Australian Sports Foundation donation to the BMRC equipment project. Donations are tax deductible and directly support the purchase of BMRC equipment. Please consider making a donation and watch soon for a link direct to the donations page.

The competitive focus of the Club is now on the ACT Championships in March, and the Victorian and Australian Masters' Championships in Victoria in May. Good luck to all those training, and competing.

While there have been some recent windier days, autumn normally has some of the best weather for rowing in Canberra. I hope you all get a chance to enjoy some great conditions!

See you around the shed

Leigh

Main points from Committee Meeting – March

- The Working Bee and boat naming (including naming the new quad the *Rodney Palmer*) took place on 13 March.
- We need a 'locum' Club Secretary from April to June this year. If you can step up for this role, please let Judith or Leigh know asap.
 - Our esteemed Secretary will be taking some leave from her position for three months from April to June this year. (Apparently, she will be distracted from her secretarial duties while travelling overseas to visit family.)

- There has been a (live and furry) rat lurking in the shed and eating any food it can find.)Please don't leave any more snacks for the rat! If you have home grown goodies to share (which are very welcome, thanks)please put them in the fridge and leave a note on the bench about your offering. Rat eradication action will commence asap.
- Philip Winkworth has volunteered to assist Dave Nash in monitoring safety issues for the Club. The Committee expressed its thanks to Philip.
- The Club will establish a new ASF Donation page for contributions towards the purchase of the two new doubles sculls (and oars) which have been ordered.
- Boat transport arrangements are progressing for the two regattas in Victoria in May (Victorian Masters' Championships in Nagambie and AMRC in Ballarat). Club members who intend to race at these regattas must pay a trailer fee via Trybooking by 31 March.
 - A Trybooking page has been set up for the **trailer fees only** for the Victorian State Masters (May 7-8 Nagambie) and the Australian Masters' Championships (May 19-22 Ballarat) at <https://www.trybooking.com/BXWEF>

Prices are \$40 for Nagambie, \$60 for Ballarat, \$100 for both.



From the Captains

Incident Reporting

As part of the rowing community, Club members support safety by following boat traffic rules on the Lake and by using appropriate safety equipment such as boat lights. But accidents and 'near misses' still happen. Please report these incidents - the reports are the only way we can ensure the safety system is working.

So, how do you report an on-water 'incident'?

- You should report the incident to the Club Captain or Vice-captain - in person, by phone or by email.
- You should also give the Captain or Vice-captain an Incident Report Form – a Rowing ACT form which is available on the Club website in the *About/Health and Safety* section. (You will need to log in first).You can also find the form on the Rowing ACT website – at <https://rowingact.org.au/rowing-safely/rowing-act-incident-report-form-pdf-2/>

The form will ask you about the detail of the incident, including who was involved and whether there were any witnesses. Put in as much detail as you can, but don't worry too much if you don't know the names of everyone involved. Note that a 'near-miss' is regarded as an incident for reporting purposes.

Incident reports are reviewed by the Captains and the Club President and are also forwarded to Rowing ACT. They build a picture of how rowing is being conducted on the Lake and whether changes are needed – for example, in traffic flow rules or the placement of buoys – or whether particular groups of rowers or coaches need to be reminded of the rules. Believe it or not, the incident reporting system is more effective for all than angry words across the water!

'Rowing RSVP' for Winter Time Trial Crews

Would you like to compete in a quad crew in the upcoming Winter Time Trial series, but don't have an established crew, or feel you lack the experience to row in a time trial? Would you prefer to row the time trial with a coxswain? BMRC is looking to support one or more new crews to participate in what is always a fun series of events.

The Rowing ACT Winter Time Trial series commences in May and runs monthly for five months till September. Singles and pairs race on Saturdays, while big boats (doubles, quads, fours and eights) compete on Sunday mornings, with the first boat away at 9.30am. Boats start the time trial every minute according to expected speed, with faster crews going first. The Time Trial course runs from near the Scrivener Dam wall to the white poles on Tarcoola Reach – a distance of approximately 4 kilometres. The event is well supervised by marshals situated in tinnies along the course.

Results for each Time Trial and for the overall series are calculated after applying a handicap (based on previous results for the crew and a bit of black magic), so it is likely a slower crew will be declared the winner of any Time Trial!

You can be involved in our *Rowing RSVP* in two ways:

- Volunteer to assist Leigh to co-ordinate the crew/s.
- Nominate to be in the crew, by sending an expression of interest to Leigh or the Club secretary – secretary@bmrc.org.au

Nominate now and have a few practice rows in your quad crew before the first Time Trial in May!

Coaches' Corner with Paul Williams

Get a Grip

How we hold the oar handle determines effectiveness in the drive phase, and efficiency during the recovery. A relaxed grip allows a full arm & shoulder extension and improved precision & posture at the connection & finish.

To check grip for both scull & sweep oars, place hands on top of the oar handles with the underside (palm side) of knuckles only in contact. Then let fingers wrap around keeping wrists flat, and without the palm contacting the handle.

With sculling grip, the joint/pad of the thumb should be across the end of the handle and the forefinger knuckle/1st joint forms a 90-degree angle (when looked at from side on).

With sweep grip, there should be a small gap between the handle and the thumb webbing on both hands.

Grip exercises

Sculling - On land, use the handle end of a sculling blade, or a sculling blade with the collar & sleeve resting on a flat edge, or a piece of wood with tape wrapped around it (same/similar diameter as scull handle/grip). With thumb across end, extend & contract fingers so the handle moves in & out. Do this 10 x each hand x lots. To ensure flat wrists, hold the wrist of the active hand with the non-active hand.

- On water, and after exiting at finish ('step out') open & straighten fingers during the recovery. A variation of this is to push the handles forward using thumbs only (fingers open). For thrill seekers, do this with square blades.

Sweep - On land, use the handle end of a sweep oar, or a sweep oar with the collar & sleeve resting on a flat edge, or a piece of wood with tape wrapped around it (same/similar diameter as sweep handle/grip). Space hands approximately 3 hand widths apart, with outside hand at the end of the handle (do not allow little finger to drop off handle end). Moving inside hand only and letting handle rotate inside outside hand, feather & square by rolling handle between thumb & fingers only (minimal wrist movement).

- On water, and during the:

recovery phase, wiggle/drum fingers on the handle (piano rowing) or take one hand off each alternate stroke as you move forward;

drive phase, let thumbs drop down; and

exit/ finish & recovery phase, focus on the middle knuckle of outside hand as the only (apparent) contact point & let outside hand 'pivot' on top of the handle at the finish (should result in outside forearm at same angle & height as the handle).

Some of the above on-water exercises can be practised on an ergometer, and each of the on-water drills can be combined with other drills e.g. square blades, or in sweep boats using outside hand only (inside hand off).

Enjoy!

Upcoming Events 2022

March

19-20 March ACT Open and Masters' Championships

Date TBA 2022 Australian Rowing Championships (Venue TBA)

April

30 April NSW Masters' Championships (Clarence River, Grafton)

May

7-8 May Victorian Masters' Championships (Nagambie)

19-22 May Australian Masters' Rowing Championships (Lake Wendouree)

From the Editor

Newsletters are published roughly once per month after Club Committee meetings. Short articles or photos about Club life are always welcome for inclusion. Please contact me on 0417668916 if you would like to send in a contribution. Regards, Leslee