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Newsletter No. 144

February 2015

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President's Note

The club is cranking into top gear, with regatta season upon us and lots of new members, both masters and juniors. The Rowing Camp was a great success with around 70 people participating. We greatly appreciated the contributions of visiting coaches and of parents who ensured that everyone was well fed!

With shed use becoming more intense, please all take great care in moving boats in and out of the shed. Be efficient getting in and out of boats at the dock. Any incidents, including capsizes, boat damage, and near misses, must be recorded in the incident book. Any equipment failure must be recorded on the white-board – don't just put a boat that needs repair back on the racks without recording what's wrong.

Preparations for the new club house at Grevillea Park are at an advanced stage – see report below. This is an exciting and very significant development for the Club. Anyone who wants to see where we're up to should contact Loyd or myself.

We are all deeply saddened by the death of Richard Stanton, father of Emma. Richard had always been a great support to Capital Lakes Rowing Club, driving trailers and helping out at regattas. It is people like Richard who make our club the community it is. Our hearts and best wishes go out to Emma, and to her mother Sonia and sister Julia.

David

Juniors' News

After a well-earned Christmas break, the juniors quickly got back into rowing at our annual Rowing Camp. Over the four days, the juniors were able to work with a variety of coaches, who provided quality technical advice, including videotaping and individual analysis. Various workshops were conducted demonstrating proper boat set up and how to effectively use an erg. Dr David Hughes, a special guest speaker from the AIS and a CLRC club member, provided excellent tips for injury prevention and management - knowledge the juniors can take into training and competition throughout the upcoming regattas.

The juniors are starting to prepare for some major interstate and local regattas, such as ACT Championships and Edward Trickett Regatta in Penrith. It is an important time to remain focused and consistent in training so we can achieve our best - individually and as a club. There are also some smaller, local regattas coming up in February where we can refine our skills and strategies.

It is great to see the Merici and St Clare's squads getting involved in club events and regattas. It can be a bit overwhelming in your first season of regattas – we've all been there. It does get easier and the main aim is to get in and have a go and have fun!

We were sad to see Robert Lester, one of the junior coaches, leave our club at the end of last year. His squad and the rest of the juniors miss having him around. After a bit of disruption to training for his squad, they seem to have integrated well into their new training regime.

Here's to a great second half of the regatta season.

[Contributed by Henry Bowyer, Junior Captain]

Para-Rowing

Our regular para-rowers, Rob Oakley and Mikaela Dingley have been joined by six new para-rowing members: Kirsten Busby, Steven Cuthbert, Kayla Davy-Kennett, Michael Fraser, Jordan Khalaf, and Daniel Lewis. The newcomers attend the regular para-rowing session every Sunday 0730-0930. Welcome to you all.

Mikaela is now participating regularly in regattas under TA (Trunk and Arms) classification. An exchange program has been initiated with Penrith RC so she can train with Paul Ashley as a TA double. Mikaela and Paul will be competing in the NSW State Championships on 15 February. Congratulations Mikaela.

We have a waiting list of people who would like to join the program, but are limited by the number of available helpers. David Uren has set up a roster, which will be very helpful. If you are willing to help out, please get in touch. Its fun.

[Contributed by Charlie Barton & Roland Jahnke]

CLRC Touring Dates 2015

Dates	Location	What it involves	Accommodation
30 Jan – 1 Feb	Jindabyne (Kalkite)	Lake Jindabyne and Lake Eucumbene Yoles Row	Local houses at Kalkite – organised through CLRC
27 Feb – 1 Mar	Batemans Bay	Arr. Fri; long row on Sat; shorter row Sun - in the bay to the tollgates and/or up the Clyde River to Nelligen. Yoles	BIG4 Batemans Bay at Easts Riverside Holiday Park
10-12 Apr	Sale	Quads and doubles	
22-24 May	Sydney Harbour	Lane cove to Manley. Yoles	
3-5 Jul? (to be confirmed)	Clarence River Rowathon (Grafton)	65 km. Quads and doubles	
4 – 6 Sep	Nowra	Yoles or quads and doubles	
2 – 5 Oct	Darling River (Murray Rowathon)	82km or longer in 4 legs. Quads and doubles. Organised by the Wentworth RC	River Bend Caravan Park

ACTIVITY REPORTS

Lake Jindabyne weekend, 31 Jan – 1 Feb



Twelve rowers enjoyed this annual CLRC event on Lake Jindabyne, hosted by John Harris and Dom. On Saturday we rowed two Yoles from Kalkite up to the Eucumbene River, then to Jindabyne for brunc, and back to Kalkite. In the afternoon we walked around the village of Eucumbene. The evening featured a modest meal (see photo) and a soccer-related boys club meeting at Dom's place. On Sunday the high lake level allowed us to row further up the Snowy River (to the pumping station) and the Thredbo river than has hitherto been possible. The weather was cool but clear, the air so fresh, and the scenery to die for.



[Contributed by Jennie Yaxley]

Cara's award....



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Committee FY1415

The Committee elected for FY1415 at the AGM is:

President	David Uren	duren@ozemail.com.au ,
V-President	Catherine Bowyer	catherinebowyer@gmail.com ,
Treasurer	Kapila Wijewardene	kapila@justrite.com.au ,
Deputy Treasurer	Sue Parr	parrs1@bigpond.com ,
Secretary	Sandra Finney	sandrajane@live.com.au ,
Membership Secretary	Anita Carscadden	anita.carscadden@gmail.com ,
Regatta Secretary	Catherine Bowyer	catherinebowyer@gmail.com ,
Public Officer	John Harris	raelene@oconnorharris.com.au ,
Boat Captain	John Carpenter	jcpriv@ozemail.com.au ,
Junior Captain	Henry Bowyer	henry.bowyer@gmail.com ,
Safety Officer	Mark Georgelin	danie_georgelin@hotmail.com ,
OTHER RESPONSIBILITIES		
Events	Jennie Yaxley	yaxley@netspeed.com.au ,
Fuel and servicing, gardening	Garth Chamberlain	garth44@tpg.com.au ,
Purchasing	Jane Wheaton	cjwheaton@grapevine.com.au ,
Insurance, Inventory	Belinda Collins	Belinda.Collins@pmc.gov.au ,
New Club House	Loyd Perin	lperin@perinmgt.com.au ,
Head coach	Roderick Goodall	rodgoodall@internode.on.net ,
LTR Coordinator & Coach	Elli Bowyer	Elliott.bowyer@gmail.com ,
Coach (Masters)	John Carpenter	jcpriv@ozemail.com.au ,
Coach (Juniors)	Mark Georgelin	danie_georgelin@hotmail.com ,
Coach (LTR)	Peter Wilkinson	peter.wilkinson@au.ey.com ,
Para-rowing coordinator	Charles Barton	cebarton@gmail.com ,
Para-rowing co-coordinator	Roland Jahnke	roland.jahnke@hotmail.com ,
Events	Jennie Yaxley	yaxley@netspeed.com.au ,
Fuel and servicing, gardening	Garth Chamberlain	garth44@tpg.com.au ,
Boat maintenance	John Harris	raelene@oconnorharris.com.au ,

Finance

Kapila Wijewardene has taken over as Treasurer, with Sue Parr assisting. Kapila can be contacted on:
T: 6280 5300; M: 0400478077; kapila@justrite.com.au. Kapila will be away 1 Apr – 15 May.

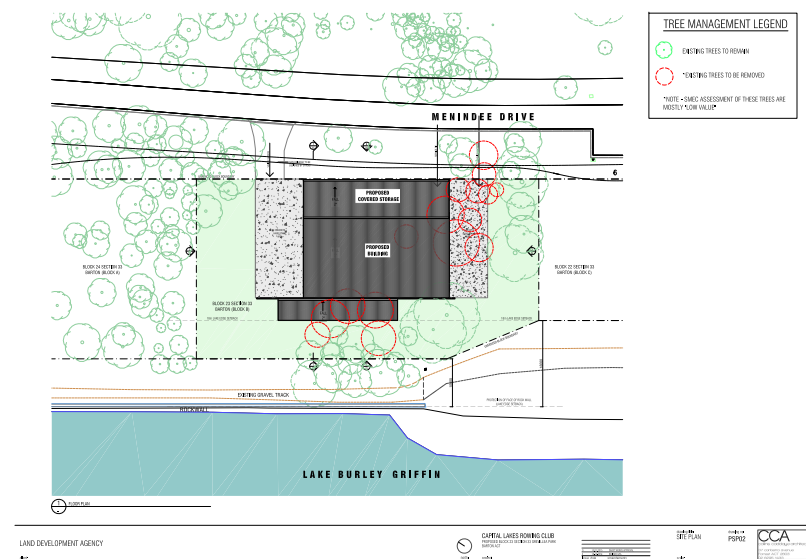
The Club's bank account is: Capital Lake Rowing Club, BSB: 062-902, A/c No. 10107808
When making payment to the account, please use the codes below. It is helpful if you also send an email to Kapila describing the payment.

MB	Membership
PA	Para-rowing
RG	Regattas
LR	Learn to Row

[Contributed by Kapila]

New Club House

Discussions are advancing on the new club house at Grevillea Park. The Land Development Agency is keen to have us moved from our current site by the end of the year. The overall plan for construction of boating facilities at Grevillea Park is yet to be approved by the National Capital Authority – assuming this goes smoothly, construction is likely in the second half of the year. The LDA is funding the move within a fixed budget – as anyone who has had anything to do with building will know, what you get for a fixed budget gets smaller every time you look at it. We still expect the new facilities will provide scope for growth, less cluttered aisles and, everyone will be delighted to know, showers, toilets and a gym. The LDA and ACT Sport and Rec are working with architects Collins Caddaye on the plans. Anyone who wants to see where we're up to should contact Loyd or David.



[Contributed by Loyd Perin & David Uren]

CLRC Clothing, Club Kit and Merchandise

CLRC zooties and newly introduced clothing/kit items can be ordered from the **Regatta Shop**:

http://www.theregattashop.com.au/club_CLRC.html

Items in stock are sent out within a day or two. Items that have been placed on order take up to six weeks. If you order via the Regatta Shop website and receive a message stating an item isn't available please contact me as I have some stock available for purchase. Visors are not available online and can only be purchased through me (\$15)

Now that we have a great new club kit we require all competitors to wear the following.

- Club zootie
- Club polo shirt
- Club hat or visor
- The hoodie or jacket are desirable; not required

All other club items are optional. If you don't yet have the required uniforms, please wear:

- white T-shirt or singlet
- black shorts
- white or light coloured hat or visor

If you have any questions, please don't hesitate to contact me:

Catherine. catherinebowyer@gmail.com; M: 0430 432445

Happy rowing!

Charlie Barton, Editor

M: 0406 377 599; T: 62737477 or 62279662

Please submit Newsletter contributions to the editor at any time: cebarton@gmail.com.