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Newsletter No. 148

June 2015

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Boat Maintenance

A dedicated band of club members has been maintaining and repairing the fleet ahead of the next regatta season. They are always looking for more people to join them. No experience is necessary - all training and advice is provided and the fundis are happy to pass on their skills. Maintenance nights on alternate Thursday evenings at the boatshed from 7.00pm. The next evening will be Thursday 2 July. The sessions generally don't last longer than an hour or two. We look forward to seeing some new as well as familiar faces there.

Entertainment Books for Sale

Sale of the Entertainment Book is now underway. \$12 from each book sold is donated to CLRC to supplement our rowing programs. You can purchase digital or paper copies. Please place your order through <https://www.entertainmentbook.com.au/orderbooks/913z056> or email Sandra at sandrajane@live.com.au to arrange delivery or paper copies.

----- Sandra

Winter rowing

Remember to have appropriate lighting on your boats during periods of low visibility, such as fog, low light, heavily overcast skies, or before sunrise. Water Police are out and about checking

The Club does not sanction solitary rowing in winter. The general rule is go out in winter only if there are 4 blades in the water. Carry a whistle.

Para-rowing

ACT Sport and Recreation have awarded the Club a grant of \$4345 for para-rowing. The grant will be used to purchase Jeanette Neil's single scull (the "Jesse") for the Club, oars, and UHF radios.

Gary Bergman is preparing a proposal for a "Soldier On" program to provide rowing opportunities for returned service personal who have suffered physical or mental injury.

The Club's infrastructure for para-rowers (wheelchair access and toilets, in particular) are clearly sub-standard. Following David Butt's advice, we will be discussing this with the ACT authorities

-----Charlie

REPORTS

Sydney Harbour Trip 23-24 May

This was CLRC's fourth annual row with the Yoles on the magnificent Sydney Harbour. Early signs of rain and thunder storms a few days out did not eventuate as we set out on the calm Burns Bay in Lane Cove. Enjoyable rowing continued until we faced the winds coming through the heads with 2-3 m swells. The Yoles and their intrepid crews rose to the challenge. The Yoles are designed to deal with breakers, but, thankfully, there were none of those! We were greeted with more subdued seas in the finishing stretch to Manly. After breakfast of bacon and eggs we decided that the seas were too difficult to manage on the return trip.

So began our adventure to get the boats back to Lane Cove by land. After a taxi with a fuel problem and negotiating a busy Manly esplanade (twice) with the Yoles and tinnie trailers and a not so helpful Google map on my iPhone we collected the boats and headed back to Lane Cove.

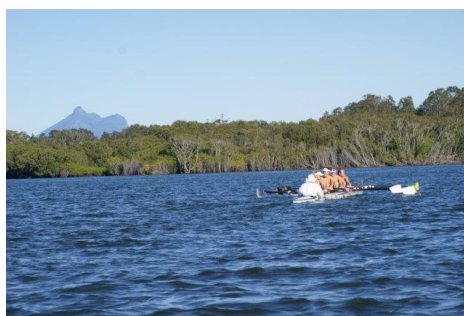
The row on the upper reaches of the Lane Cove River on Sunday was a "doddle in the park" in comparison with the previous day's adventure. We did not want to compete with some eights racing on the river and we had to take care of some learner in singles under the Burns Bay Bridge. No doubt all slept well on Sunday night.

Thanks to Jennie for getting us motivated, Geoff for towing the Yoles trailer (not an easy job in Sydney traffic and the twisting roads down to the launch point), John Bowyer and Mac Carscadden for towing and following us in the safety tinnie (keeping up in the wakes of the Yoles as we set a cracking pace!), Richard for keeping an eye on the weather reports (and asking the harbour authorities to keep an eye out – which they did), Roland for safety directions, and Sumi's friend, Mitch, for helping with coxing. It was a fantastic group effort.

[contributed by Loyd Perin]

Head of The Tweed 14 June 2015

CLRC participated again in this annual 21 km time trial up the Tweed River, with magnificent scenery and Mt Warning as a backdrop (behind the clouds!). Eighty boats competed with Canberra represented by Black Mountain RC and us. Masters Roland, Jenny, Cat, and Charlie competed in a quad, with ex. CLRC luminary Susannah Littleton as cox and cheer leader. We thank the Murwillimbah RC for organizing the event so efficiently and for providing us with an excellent boat. Due to an unfortunate mix-up regarding the organisers' private Swiss Bank account number, we failed to win the splendid Wintech single scull in the raffle. We'll do better next year.



COMING EVENTS

ACT Rowing Presentation/Awards night, 3 July.

Rowing ACT Presentation night is on Friday, 3 July, 7pm at University House, 1 Balmain Cres., Acton. Features are: 2014-2015 season awards presentation; Guest Speakers; Fundraising for ACT athletes in the Australian Team; Canapes and bar.

See: <http://rowingact.org.au/wp-content/uploads/2015/05/ACT-PRESENTATION-NIGHT-2015-FLYER.png> RSVP presentation@rowingact.org.au

Stretching Workshop, Sunday 12 July.

Karen Caldwell (Cameron's mum) has kindly arranged to run a stretching workshop as a CLRC fund-raising activity. Karen and her husband, Markus, run a [posture & flexibility business](#), so we will be in experienced hands.

CAPITAL LAKES ROWING CLUB
Fundraising Event – Stretching Workshop

Learn the ten stretches recommended by Rowing ACT
with Accredited Posture & Flexibility Teachers

- Get in and out of your boat more smoothly
- Sit upright with more comfort
- Look behind with ease
- Boost your performance
- Self-manage post row aches
- For all ages and fitness levels

Sunday 12th July, 3:30-5:30pm
\$40 per person (4th family member free)
Hughes Community Centre
Minimum and maximum numbers apply
RSVP: 10th July

For details and enrolment contact Karen Caldwell
karen@stretchability.com.au or 0406 886 330



World U23 Championships, Bulgaria, 22-26 July 2015 UPDATE

Cara was injured during training in the Quad and has been deselected from the U23 team. Her rib injury is on the mend but not in time to complete her training before competition. Steve and Kathy thank the Club and everyone for their support.

Australia Coaches Conference, 16-18 October 2015

The 2015 Rowing Australia Coaches Conference, will be held at Griffith University on the Gold Coast on Friday afternoon 16 October to Sunday midday 18 October, 2015. The keynote speaker will be Dr Ric Charlesworth AM, dual Olympic Gold Medal winning coach.

Registrations are open via Regatta Central -

https://www.regattacentral.com/clubs/?org_id=4017. An early-bird registration offer is available – 20% off the full price when booking and paying by 14 June 2015. For more information, contact: callen@rowingaustralia.com.au.

JC's Technical Tips

Rub candle wax into your gates. It reduces wear and make squaring and feathering smoother. This practice is not approved by Croker Oars as it reduces sales of replacement parts.

Rigging video's from Croker Oars

<http://www.crokeroars.com/#!tools-for-rigging/c1gem>

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1	Basic Tools needed to adjust the rigging. Duration: 2:30	http://www.crokeroars.com/#!tools-for-rigging/c1gem
2	Quick check of rigging on the water. Duration: 1:11	http://www.crokeroars.com/#!check-rigging-on-water/c1rm8
3	Basic Rigging. Level the boat, check the pitch, check oars are zero degrees, swivels are four degrees and check slap of swivels. Duration: 4:26	http://www.crokeroars.com/#!basic-rigging/c8v2
4	Adjust Handles (inboard). How to check the overall length of your oars and adjust your handles to the correct length - set your inboard. Duration: 3:33	http://www.crokeroars.com/#!adjusting-sculling-handles/c141a
5	Height of Heel Cups. Measuring the height of the Heel Cup on a sculling shell correctly. Duration: 1:02	http://www.crokeroars.com/#!height-of-heel-cup/cv8s
6	Height of Seat. A simple and easy measuring technique for the height of a sliding seat in a sculling shell. Duration: 1:46	http://www.crokeroars.com/#!height-of-seat/cwvi
7	Left Over Right. Measuring the height for rowing left over right. Avoid scrapes on your hands by setting the height correctly. Duration: 1:52	http://www.crokeroars.com/#!left-over-right-oars/com
8	Pins Vertical. Adjustment of pins to be vertical for sculling and rowing shells. How to use inserts on the pins. Duration: 3:13	http://www.crokeroars.com/#!set-pins-to-vertical/c1u25
9	Angle of Foot Stretcher. Checking the height of the foot stretcher in a sculling shell. Duration: 1:49	http://www.crokeroars.com/#!angle-of-foot-stretcher/cs0k

Croker welcomes suggestions regarding the videos: email howard@crokeroars.com

Yes, we are too timid in our Yolles



Who said this?

"Some people cause happiness wherever they go. Others whenever they go."

Happy rowing!

[Charlie Barton](#),

Editor

 Please submit newsletter contributions as soon as they are ready to:
cebarton@gmail.com; don't wait to be asked.
