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Newsletter No. 147

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From the President

The CLRC end of season awards night was a lively occasion, with Loyd's offices miraculously transformed into party central, a visit from the fire brigade and an impressive display of the club members' culinary talents as well as pizzas. The evening was an affirmation of the theme of my speech, which was that CLRC's distinguishing feature is that members join to have a good time. That good time might be victory in a regatta but it is also the pleasure of shared activity with friends.

The club's 2014-15 awards are listed in the report below. The *Best Oarsperson* award needs little explanation. The club has made a contribution of \$1000 towards Cara's costs of competing in the Under-23 World Championships in Bulgaria (see below). Good luck Cara! The *Junior Rower* and *Masters Rower* awards are based on point score. The *Most improved Rower* award is based on times. The *President's Plate* goes to a rower who has made a contribution to the success of the club – Mikaela has been highly dedicated in getting her rowing up to competitive standard while also assisting with the para-rowing program. The *Bob Sykes Trophy* is for an overall contribution to the club. Charlie and Roland have put great energy into getting the para-rowing program under-way. CLRC's constitution says it provides opportunities to rowers of all abilities, and the para-rowing program delivers on this promise made by the club's founders. The program is not only great for the para-rowing members, but it also stands the club in good stead with ACT government and Rowing Australia. Charlie and Roland are always keen for help on a Sunday morning at 7.30. Let them know if you can assist.

--- David.

From the Secretary

New Club Management Platform

CLRC will shortly be transitioning to a web-based club management platform. This new system will improve our ability to manage memberships, track finances, update our website, send out invitations and information on events, and register for Rowing ACT regattas. Individual club members will be able to manage and update their own

details, and coaches will be able to communicate to their squads. We anticipate that club membership and regatta fees will be payable electronically. We hope to have the system up and running for the new rowing season starting in July. In the next month you will receive an email from the club with a logon and password. Before we send out this information, we will advise you all by newsletter and/or email.

New Club Website

A new club website will be launched at the same time as the management system. In time it will include a photo gallery, link to the Regatta Shop for the purchase of club wear, notification and registration for events, and training schedules. If there is information that you would like included on the new website - please drop us a line and let us know - capitallakes@gmail.com

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 evenings will be Thursday 4 June and Thursday 18 June. 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

REPORTS

End of year Function, Sat 16 May

Boat loads of members thronged to the CLRC End-of-Year function and Presentation Night on Saturday 16 May. Loyd kindly made his office area available yet again at 139 Canberra Avenue. Thank you, Loyd, and thanks to Catherine and the many others responsible for the organization, venue decoration, trophy engraving, catering, and speeches. An amusing set of 'fun' certificates were awarded by the Juniors for outstanding contributions to the theatrical side of Club activities. The serious awards went to:

- *Rower of the Year* - Cara Grzeskowiak
- *Junior Rower of the Year* - Henry Bowyer (based on regatta points score)
- *Masters Rower of the Year* - Mal Rimes (based on regatta point score)
- *Most-improved Rower of the Year* - Alex Grzeskowiak (gone from novice to medal-winner).
- *President's Plate* (junior making contribution to club) - Mikaela Dingley
- *Bob Sykes Award* (for overall contribution to the club) - Charlie Barton and Roland Jahnke for their work on getting the para-rowing program going.

Congratulations to all. It was a great evening with a wonderfully friendly atmosphere.

Broulee Surf Boaters at Gallipoli 100

David Butt accompanied the Boulee Surf Boaters to Gallipoli for the 100-year commemorations. Click this link to see their letter of thanks to their supporters; it contains an account of their remarkable experience:

<https://www.dropbox.com/s/b4mhkf6es9vd626/Broulee-Gallipoli.docx?dl=0>

Shortly after the dawn of time, David B was dragooned to row for Anglesea Surf Life Saving Club. His first row in a surf boat was 12 km from the town of Eceabat to a beach just past a significant lighthouse. It was a very long 12 km! The next day was a more sedate 6km to Brighton's Beach, where the Anzac landing was originally planned. Crews then rowed into ANZAC Cove, as describe in the letter. A highlight was rowing from ANZAC cove to North Beach (around the headland/corner to see the truly awesome landscape the Diggers had to contend with. The rowers were in breach of the Australian Government-imposed exclusion times for the ANZAC Cove area and

got chased out of North Beach by a Blackhawk helicopter, which was a bit of a giggle as they couldn't really do anything, but impressive!

First CLRC Paragatta, 3 May 2015

To round off the summer season of para-rowing, an inaugural "CLRC Paragatta" was held on Sunday 3rd May, taking the form of a time-trial. Rowers undertook a grueling program of training leading up to this august event, each recording a personal best time over their chosen course. Performances on the day were outstanding, as was the perfect weather. All athletes improved on their PBs and all became the proud recipients of medals for their efforts. Many thanks to the caterers (Cat, Julia, Roland, Matt, and Gillian) for the BBQ they organized for all Club members and to all who assisted with the event. **To see how much fun everyone had, view Cat's photos in Picasa [here](https://picasaweb.google.com/lh/sredir?uname=103657925503343254629&target=ALBUM&id=6144481151495396641&authkey=Gv1sRgCOS8j7Hc9eCbkwE&invite=CJ2jsfYG&feat=email).** Paste the following link into a different browser if you have problems.

<https://picasaweb.google.com/lh/sredir?uname=103657925503343254629&target=ALBUM&id=6144481151495396641&authkey=Gv1sRgCOS8j7Hc9eCbkwE&invite=CJ2jsfYG&feat=email>



Sydney Harbour Trip 23-24 May

Hardy perennials Catherine Bowyer, Anita Carscadden, Garth Chamberlain, Roland Jahnke, Geoff Nichlos, Brendan Nicholson, Jane OConnor, Loyd Perin, Richard. Swinbourne, and Masumi Yamamoto braved the tempests of Sydney Harbour last weekend from Lane Cove to Manly. All returned safely, happier, and yet hardier.

COMING EVENTS

Winter Time Trial Series 2015

Several Masters Rowers have expressed interest in training and competing in the Winter Time Trials. Click here to see the calendar of events - small boats on Saturdays and larger boats on Sundays. Dedicated training for the Winter Time Trials will commence on Friday mornings 0600-0730 - in addition to what we might do during the week and on weekends.

No crews have been formed yet, but if you are interested in participating and forming a crew - ladies/mens/mixed - please send an email to captiallakes@gmail.com. We are looking at 6 per squad to enable a minimum of a quad with spares or for making up scratch crews or mixed crews as we can. Given that there are only four quads in the shed - we may need to look at coxed quads - resulting in a requirement for coxes as well - if you know anyone who is

interested.

Entries to the Winter Time Trial Series are managed through Rowing Manager, not via the provision for entry spreadsheet to RACT. Entries close at 10:00pm on the Sunday before each Time Trial weekend. Rowers entering the Winter Time Trials must be financial, competitive members of Rowing ACT. Appropriate safety precautions for cold weather rowing should be taken (e.g. pre trail check of equipment / appropriate clothing layers). Rowers who are not yet competent with rowing a single scull but are keen to trial in this boat class, are encouraged to improve their sculling skills before entering. This is for their own safety. Entry information is at: <https://regattas.rowingact.org.au/?regatta=2051> or contact Michael Cusack, RACT Exec. Officer, T: +61 406 376 666, Email: actra@rowingact.org.au,

Head of The Tweed 6 June 2015

CLRC has participated in this event for many years. The 21km time trial up the Tweed River offers magnificent scenery with Mt Warning as a backdrop. Masters Roland, Jenny, Cat, and Charlie will be competing in a quad and are assured of winning the new Wintech scull in the raffle.

World U23 Championships, Bulgaria, 22-26 July 2015

Following her success in the Nationals in April, CLRC's Cara Grzeskowiak was called forward for the Australian team trials a week later at Penrith. She was the fastest Under-23 (U23) sculler and was selected for a quad at the world U23 championships in Bulgaria. Cara relocated to Sydney where the U23 Quad is training during May and June. The team departs Australia on 7 July for a training camp at Lake Rama, Bosnia. Racing is 22-26 July; Cara will start in one of the first two races of the championships. Training is full on with the Quad rowing out of the Mosman Rowing club. The U23 men's double is also training at Mosman with Canberra's Luke Letcher in that crew.

The training is hard, the coach is trying different seating positions in the boat to get the best combination as the girls get used to rowing together.

Cara and Luke come back to Canberra on Wednesday mornings after training to attend lectures at ANU that afternoon and Thursday mornings. They then drive back to Sydney to start rowing again! Last week Cara and Luke were each awarded ANU Sport Half Blues for their respective achievements in Rowing.

Cara was unable to be at the recent CLRC awards night due to training commitments in Sydney, but she was thrilled to learn of the sponsorship that the club will give her for the trip to Bulgaria. She sends a huge THANK YOU to the club.

ACT Rowing Presentation/Awards night, 3 July.

The ACT Rowing Presentation/Awards night will be held on Friday, 3 July at University House. The main event of the Presentation night will be to farewell the ACT athletes that are representing Australia in Bulgaria. Cara will, of course, be attending and is hoping to meet as many CLRC friends at the evening celebrations as possible.

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

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.

Are we too timid in our Yolles?



Championnat de France d'aviron de Mer Rivedoux/La Rochelle 2015

JC's Technical Tips

The time taken to execute the recovery and the drive should be in the ratio of at least 2:1. This needs to become second nature, too often rowers are observed performing like a metronome with a ratio of 1:1. Training to attain this goal is best done during winter training where the emphasis is on increasing aerobic fitness, translating into low rating (say 18-20), high power work where the ratio can be 2+:1.



Happy rowing!
[Charlie Barton](#),
Editor

"If you have everything under control, you are going to slow" ~ Mario Andretti,
Formula-1 World Champion.

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