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Newsletter No. 153

December 2016

President's Note

Wishing all CLRC members, family and friends all the best for Christmas and a wonderful 2017.

I've only been President for a very short time, and a lot has happened during that time:

- Regatta season has started with CLRC hosting the first regatta. Thank you to everyone who helped in BRO roles at this regatta plus everyone else who helped us on the day.
- We have achieved great results from our senior squad and an increased number of masters competing at the four regattas already held this season. We've achieved a couple of PB's for boat loading and unloading – for those involved, you'll know what this means; for those not involved, come and join us so you know what it means. Getting to and from regattas is a *huge* effort so a big thank you everyone involved.
- Two of our senior squad, Nicole Clough and Riley Brown have been accepted into ACTAS training program – congratulations to you both. Alex and Cara Grzeskowiak are also part of the ACTAS program.
- New novices (juniors and masters) are settling in well to their respective squads and definitely improving. It's great to see the juniors collaborating across squads and masters welcoming new-comers and helping them integrate into our social rowing.
- Para-rowing is going strong with some really positive results from our athletes. It's also good to see how many club members are volunteering to help out with coaching our para-athletes.
- We got lots of minor maintenance and repairs completed at our recent working bee. These will become a semi-regular event on our calendar so we can provide our fleet with the love and care they deserve.
- Construction on the new shed has started (see below for update)
- Remember to slip, slop, slap, wrap and keep hydrated as it gets warmer
- If you have any rowing photos, please send them to capitallakes@gmail.com so we can add to the gallery

I'm really looking forward to 2017 as we'll have a lovely new shed which I'm sure will provide loads of good times for us. We'll keep you posted with celebrations for leaving the old and moving to the new.

New Shed Update

The new shed is advancing at a rapid rate – construction is well under way and it is looking stunning, nestled amongst the trees of Grevillea Park. It's worth having a look.

All going well, we are scheduled to move to the new shed in late February. We have a team of very capable CLRC members who are working out the intricacies of the move as there are a lot of things that need to happen to make it all run smoothly. We'll definitely keep you posted with how you can help.

Cost of moving

Even though the building is being provided by ACT Government, there will still be quite a large expense for the club to move - we need to purchase a new dock, some new racking and other bits and pieces. A new dock will cost approx \$60,000 and we have put in for a grant for half the cost. Hopefully we will hear about this in January. Once we know the outcome of the grant, we will be in a better position to know how much money we'll need for the move.

Fundraising

Earlier in the year we set a \$50,000 fundraising target for the move to the new shed. From our first call for donations, we received \$10,000 through people making donations via the Australian Sports Foundation.

For those of you who have already donated via the Sports Foundation, thank you. Others may wish to make an end-of-year donation through the Australian Sports Foundation's website at:

<https://asf.org.au/make-donation/capital-lakes-boathouse-fund>

The Sports Foundation is a government-sponsored body that is able to receive tax-deductible donations that it then directs to sports bodies. Cheques should be made out to the Australian Sports Foundation, not to Capital Lakes Rowing Club.

We will continue with fundraising in the new year – stay tuned for info on this.

If you have any queries about the move to the new shed or the funding appeal, please call Catherine Bowyer 0430432445

December-January Rowing Times

Junior rowing times will vary over December and January. Please speak to your coach to find out times of your training.

Masters rowing will still be Tuesday, Thursday, Saturday and Sunday. Please feel free to row other days during the Christmas New Year period as juniors won't be rowing then. Times will move to 7am from next week and will go back to 6am rowing at the end of January.

Rowing Camp

The CLRC annual rowing camp will be held for all club members 25-28 January 2017.

The focus of the camp is largely technical and will include on and off water sessions; video analysis; mini regatta and several information sessions.

Please note that Neil's junior squad will compete in the Schools Regatta on 28 January whilst all others on the Camp will continue the program in Kingston.

The cost of the camp is included in your membership fees, so you don't have to pay anything additional for the camp. Please complete the attached registration form to secure your place on the camp.

<https://s3-ap-southeast-2.amazonaws.com/piano.revolutionise.com.au/cups/CLRC/files/2sakt0yqnvpoigfv.pdf>

Visitors Rowing

As many of you will have family and friends visiting Canberra for the holiday period, we are happy for them to row at the club (as long as they are accompanied by a club member over 18 years of age). This offer is for competent rowers, not those new to rowing or haven't rowed before.

The cost for visitors to row is \$10 per person per row. Could you please sign the visitor in and put the money in an envelope with your name and visitor's name on it and place in to the newly erected mailbox on the cupboard at the front of the sheds (near table). This will ensure visitors are covered for insurance purposes.

CLRC Clothing Orders

You can order club kit and merchandise from the Regatta Shop at http://www.theregattashop.com.au/club_CLRC.html

Items take approximately six weeks to be delivered, possibly longer over the holiday period.

From the CLRC Executive, we wish you and your family a happy and safe Christmas and New Year and look forward to seeing you rowing throughout the year.