

# CAPITAL LAKES ROWING CLUB

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Website: [www.capitallakesrowing.com](http://www.capitallakesrowing.com)

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March 2016

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## Website & Photo Gallery

Our website contains the latest club news, events, training and rowing resources, access to the shop to buy club merchandise, and a photo gallery. If there is anything else that you would like to see on the site, please email Sandra Finney: [capitallakes@gmail.com](mailto:capitallakes@gmail.com).

Keep an eye out on the photo gallery on the website - more photos are being loaded all the time. See the latest ones from the current learn to row program, and the end of year function

## Club Officers

President + coach	David Uren	<a href="mailto:duren@grapevine.com.au">duren@grapevine.com.au</a> ,
V-President	Catherine Bowyer	<a href="mailto:catherinebowyer@gmail.com">catherinebowyer@gmail.com</a> ,
Treasurer	Belinda Collins	<a href="mailto:Belinda.Collins@pmc.gov.au">Belinda.Collins@pmc.gov.au</a> ,
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Secretary	Sandra Finney	<a href="mailto:sandrajane@live.com.au">sandrajane@live.com.au</a> ,
Membership Secretary	Anita Carscadden	<a href="mailto:anita.carscadden@gmail.com">anita.carscadden@gmail.com</a> ,
Regatta Secretary	Catherine Bowyer	<a href="mailto:catherinebowyer@gmail.com">catherinebowyer@gmail.com</a> ,
Boat Captain+coach	John Carpenter	<a href="mailto:jcpriv@ozemail.com.au">jcpriv@ozemail.com.au</a> ,
Junior Captain	Jessica Gruen	<a href="mailto:pppeace.ooout@gmail.com">pppeace.ooout@gmail.com</a> ,
LTR Coordinator + Coach	Elli Bowyer	<a href="mailto:Elliott.bowyer@gmail.com">Elliott.bowyer@gmail.com</a> ,
Coach (Juniors)	Mark Georgelin	<a href="mailto:danie_georgelin@hotmail.com">danie_georgelin@hotmail.com</a> ,
Coach (LTR)	Peter Wilkinson	<a href="mailto:peter.wilkinson@au.ey.com">peter.wilkinson@au.ey.com</a> ,
Para-rowing	Charles Barton	<a href="mailto:cebarton@gmail.com">cebarton@gmail.com</a> ,
Safety Officer	Jennie Yaxley	<a href="mailto:yaxley@netspeed.com.au">yaxley@netspeed.com.au</a> ,
Boat maintenance	John Harris	<a href="mailto:raelene@oconnorharris.com.au">raelene@oconnorharris.com.au</a> ,
Insurance, Inventory	Belinda Collins	<a href="mailto:Belinda.Collins@pmc.gov.au">Belinda.Collins@pmc.gov.au</a> ,
New Club House	Loyd Perin	<a href="mailto:lperin@perinmgt.com.au">lperin@perinmgt.com.au</a> ,
Events	Jennie Yaxley	<a href="mailto:yaxley@netspeed.com.au">yaxley@netspeed.com.au</a> ,

## New coach accreditations for Elli and Tammy

Congratulations to Elliott Bowyer and Tammy Crocker on successfully obtaining coaching accreditations: Elliott has received her Level 2 Coaching Accreditation and Tammy has received her Level 1.

Over the past several years, Elliott has coached CLRC juniors and is currently coaching para-rowers Cameron Zeller and Ian Cooper. Elliott has been Cameron's primary coach for the past 18 months, helping Cameron to achieve some impressive milestones, the most recent being Cameron transitioning from the double-hulled scull to a single with pontoons. Ian has only started rowing in the past 5 months with Elliott as his coach. Ian will be competing at the Sydney International Regatta next week – very impressive after such a short time rowing. Well done to both of you and good luck for next week! Elliott has also been broadening her coaching experience by regularly attending coaching sessions with national and ACTAS coaches. She has also taken up a position as women's coach at ANUBC, where several ex-CLRC athletes now row.

Tammy has been instrumental in coaching the October 2015 junior Lear- to-Row program. She has continued to coach this squad in conjunction with Rodney Palmer. This squad has achieved outstanding performances, receiving gold, silver, and bronze in both novice and intermediate "A" and "B" events in recent regattas. Tammy also obtained her motor-boat license and is now a Boat Rowing Official (BRO), officiating in the past few regattas.

Both Elli and Tammy's dedication and responsibility to the club and the rowing community is a proud achievement for CLRC. Congratulations again on all your hard work in obtaining your coaching accreditations!

## Sign in and Sign out

A reminder to all rowers/crews to sign in and sign each time you row. This is a requirement to meet the safety regulations as directed by Rowing Australia. We appreciate your cooperation in this matter. [Sandra]

## Incident reporting

In the event of an accident or near miss on the water, within the boathouse, or at an event associated with a CLRC activity please:

1. Complete this form and send it to the Safety Officer, c.c. the Club Secretary at [capitallakes@gmail.com](mailto:capitallakes@gmail.com)
2. Record the incident in the rowing and damage log in the boat shed
3. Notify the Boat Captain (John Carpenter, [jcpriv@ozemail.com.au](mailto:jcpriv@ozemail.com.au))

Name of person reporting	
Contact details (phone, email)	
Affiliation (Club, School) and role(Cox, Coach, Parent, Rower)	
Date & time of incident	
Location of incident	
Boats, equipment, persons involved	
Description of the incident	
Weather and water conditions	
Injuries incurred	
Witnesses (names and contacts if known)	
Recommendations for avoiding such incidents	
SIGNATURE AND DATE	

Attach any drawings/photographs that will assist in the description of the incident.

## Safety alert as the daylight shortens!

We have enjoyed a lovely summer however as we head into winter please remember that you should not row when there is a small boat alert, where there are high winds causing whitecaps or where it would put you into the path of an active storm cell or lightning.

Make a serious effort to wear clothing that is reflective to increase visibility. This recommendation applies under all lighting conditions.

Boat lights are required under the following conditions:

- prior to and in the immediate time after sunrise.
- immediately prior to and then after sun sunset.
- low visibility, such as during heavy rain or periods of fog
- low light, including heavily overcast skies

In the above conditions, if you don't have a light on your boat, don't go out. You can purchase your own boat light or use one from the club. If you are unsure of where the club boat lights are kept please see you coach or the club captain Loyd Perrin.

Rowing before posted sunrise and after posted sunset can be dangerous. Individual scullers should consider the need for an accompanying safety boat or, at the very least, training together with other scullers. Remember that an incident, such as a capsize or collision, that occurs after sunset will have to be dealt with in darkening conditions.

In case of accident, stay with your boat rather than attempt to swim to safety. The boat, unless seriously damaged, can be used as a life raft. If the water is cold, get as much of your body out of the water as possible by draping yourself over the upturned hull. Turn the boat over for this purpose if necessary. You can also "buddy-up", i.e., two rowers hold on to each other until rescued to provide mutual support and warmth. Be aware of who is affected by an incident and ensure that all are accounted for.

These notes are drafted from: SAFETY GUIDELINES - A practical guide for Australian Rowing Clubs (May 2010)

## COMING EVENTS

### 14-20 March 2016 - Sydney International Rowing Regatta,

Venue: Sydney International Regatta Centre

See: <http://www.rowingdownunder.org/>  
<http://regattas.rowingact.org.au/?regatta=2162>

Good luck to Cara G, Alex G, and Ian Cooper, who will be competing in multiple events.

### Sat 19 March - Boat Maintenance Morning

We are asking all club members plus any available parents and friends to come along and provide some much needed love and attention to our boats. We would like to take the opportunity to give all of the boats a really good clean and make some of those simple repairs that have become necessary after a long season. There will be plenty of experienced hands to teach you about repairs - and anyone of us can pick up a sponge to clean the boats. We look forward to seeing as many of you there as possible.

### 2-3 April 2016 - Edward Trickett NSW Grade Championships,

Venue: Sydney International Regatta Centre

See: <http://regattas.rowingnsw.asn.au/?regatta=2163>

### Fri 8 April - CLRC Presentation Night and Dinner

Please reserve Friday night 8 April for the annual Presentation Night and Club Dinner. For paid up members of the club there is no cost to attend this event. For parents and friends attending a nominal fee will apply.

### 15-17 April - Bairnsdale trip

The Bairnsdale row on the Mitchell River and adjoining lakes will be held on the weekend of the 15-17 of April. Last year this was one of the most enjoyable tours and is suitable for new rowers and experienced rowers. We will drive to Bairnsdale on the Friday (~5hrs) and on Saturday row the Michelle out on to the Gippsland lakes. On Sunday, we can row west up the Mitchell before returning to Canberra on Sunday evening. There will be some fine dining on the Saturday night of course.

Please let me know if you can come as we will need to confirm numbers for any extra boat hire. We will need to arrange car pooling and book accommodation. There is a caravan park near the rowing club with cabins and a few motels. I'll send out more info about these once we have established that we have enough numbers to make the trip worthwhile. Jenny Yaxley



On the Mitchell River, 2015

### 13-15 May – Sydney Harbour trip

Another very popular trip. Book early and avoid the rush at the end. [Jenny]

### 21-30 April 2017 - World Masters Games, New Zealand

Start training now and beat the rush at the end. The World Masters Games is one of the greatest sporting events on Earth - 25 sports and 45 disciplines. The rowing events, including para-rowing, will take place at the world-class Rowing facilities of Lake Karapiro, located south of Auckland in the Waipa District. See: <http://www.worldmastersgames2017.co.nz>

## REPORTS

### NSW Championship, Penrith, 12-14 Feb

Alex Grzeskowiak competing in three events. Friday morning was perfect for a practise row on the course, with the first race starting at 1.00pm. Alex took the opportunity to row his first competitive 2000m in a single scull, with a good warm up Thursday night and Friday morning. The temperatures were set to soar in the late 30's over the weekend, which would prove very challenging for all competitors and spectators alike.



In the Men's Under 19 single scull Alex placed 3rd in his Heat and 6th in the Final. Sunday became an endurance test in the extreme heat with temperatures peaking just over 38degC. In the School Boy single scull Alex placed 2nd in his Heat and 5th in the Final. With the last few events of the day to go the composite School Boys U19 quad of CLRC/ACTAS rowed a solid race finishing 5th. We have the ACT Champs on the 20th Feb and Australian Nationals in Penrith to look forward to in March but, with fingers-crossed, considerably lower temperatures. Happy rowing. Kathy G.

### ACT CHAMPIONSHIPS – 27-28 February 2016

CLRC had great representation at ACT Championships in February with 43 juniors and 2 masters competing in a total of 73 events. This year's championships were the first for a number of the club's novice athletes, whilst our intermediate and senior crews were competing for their second, third, and, in some instances, fourth time.

It was definitely tough competition over the weekend and CLRC athletes. All athletes had positive attitudes and focused on personal improvements and results. A number of PB's were achieved. Special mention goes to Helena Smith for knocking 40 seconds off her PB: 20 seconds in the heat of WU171x and then another 20 seconds in the final! Some PW's (personal worst!) were also achieved!

*ACT Champions.* Emma Gruen and Yolanda Patterson came first in the WU152x final, and Alex Grzeskowiak achieved 3rd place in MU191x final and 2nd place in MU192x final (rowing with Nathan Kennedy from Daramalan).

The following made it through to finals in their respective events:

WU19 4x+ (3rd in heat; 6th in finals): Mika Leslie, Lily Bryant, Rebecca Hyslop, Isabella Alvanos, Emma Gruen (cox) heat; Erin Smart (cox) finals

WU15 1x (1st in heat; 4th in finals): Emma Gruen

WU17 2x (3rd in heat; 5th in finals): Pip Gazard, Deanna Carscadden

WU17 1x (2nd in heat; 6th in finals): Helena Smith

Mal Rimes and David Gruen flew the flag for the masters and competed in Championship singles events. A couple of our athletes competed in composite crews with other clubs – a great way of expanding participation and getting to row with athletes from other clubs. Alex G rowed with Nathan Kennedy from Daramalan in MU192x and Ashleigh Scrivener, Sophia Rimes and Tiffany McCormack competed in WU198+ with athletes from CRC. "Play of the Day" goes to Eliza Sharp and Isabella Hancock for falling out of their double at the dock before their race! After recomposing themselves, they made it to the 1800m start line in 6 minutes (probably a PB) only to be told they were too late (even though the race hadn't actually started!).

Congratulations to all participants on their achievements, and special thanks to everyone involved in ensuring our athletes could compete at the Championships. As you know, it is a huge exercise in logistics to get boats to the regatta. It takes several hours on Thursday and Friday afternoons (in 38° heat!) to derig and load boats on to trailers; transport them to Weston Park; unload and rerig ready for racing. Not to mention getting them back to the sheds. It takes a tireless crew of helpers and there is no way we could do it without this support. Thanks to everyone involved ☺  
---- Catherine Bower.

## Lake Jindabyne 2016



The Lake Jindabyne trip grows in popularity in response to the beautiful setting, the great weather, and John Harris's wonderful hospitality in Kalkite. This year the event was enjoyed by Richard and Jane, Les and Marg, Belinda, Brendan, Masoumi, Catherine and John, Geoff, John H, Garth, Charles, Gillian, Loyd and Rosemary, Anita, and Jennie. The big row was on Saturday morning from Kalkite, to the head of the lake, to Jindabyne for breakfast, then back to Kalkite. Sunday was a day for rowing up the reaches of the Snowy River and Thredbo Rivers. Many thanks to Jennie and others for organizing the trip and a special thanks to John for sharing his lovely home with us.

### Technical Tips

Two pictures worth a thousand words.....



### Quote Quiz

#151: Who said: "I've had a perfectly wonderful evening, but this wasn't it." ?

#150 Answer: "War does not determine who is right – only who is left." ~ *Betrand Russell*

Happy rowing!

[Charlie Barton](#),  
Editor

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Newsletter contributions can be submitted at any time to: [cebarton@gmail.com](mailto:cebarton@gmail.com). Newsletters are issued whenever there is sufficient content.

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