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2015 Rowing Camp	1
NSW Championships - Para-Rowing	2
Capsize Drills for Para-Rowers	2
Lord's Taverners award to Cameron	2
Regular Sessions and Courses	3
Regatta Calendars	3
Boat Lanes Near The Harbour	3
Boat Licences	3
Technical Tips	4
Life Jackets – a warning	4
New Double - Paul Espie II	4
Security	4
Club information in Dropbox	4
Email Groups	4

(Click on the page number to go to it)

2015 Rowing Camp

Another very successful rowing camp! 16 Masters and 40 Juniors attend the four day camp held from Thu 22- Sun 25 January. The weather Gods and Goddesses were definitely looking after us by providing optimal rowing conditions (although it did get a bit windy on the Sunday).

The first two days of the camp largely focused on technical coaching sessions followed by video analysis. Not too many people initially liked the idea of being videoed then analysed, however everyone I spoke with said how beneficial it was: they received specific and constructive feedback from their coaches and were then able to work on correcting their 'faults'.

Dr David Hughes, Chief Medical Officer with the AIS; Medical Director, Australian Olympic Team, Rio 2016; and, more importantly, proud CLRC member provided a very informative session on common rowing injuries and medical issues and how to prevent and manage them. The session was well received and several rowers were seen the next day with Fixomull tape covering their blisters – they said it worked a treat! Thanks David for the great session.

On Saturday, we had more technical coaching, followed by a mini regatta. A boat handling session was conducted on Sunday and the camp culminated in a bike ride around the lake for some and a venture out in to the not-so-calm conditions on the lake for others – character building I think they say!

This is the first year we've charged for the camp. You'll be pleased to know we raised close to \$1,000 after expenses, which means we can purchase some new oars for the club. I'm sure you'll agree the cost of the camp is definitely worth the value received (plus more) and a great way to inject some new equipment into the club.

Special thanks go out to those who made the camps such a success:

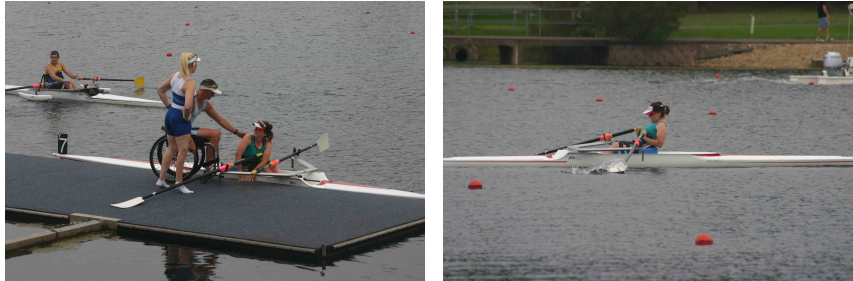
- **Catering and meals:** Gillian Dingley and Tony Kidd (plus others helping with setting-up and clean-up)
- **Information Session:** Dr David Hughes
- **Tinnie Drivers and Support Crew:** Sandra Finney, Tony Forestier, Jenny and Peter Wilkinson
- **Coaches:** Adriana Mackie, Loyd Perin, Neil Smith, Heather Neil, David Butt, John Carpenter, Rodney Palmer, Rod Goodall, and Mark Georgelin

I'd also like to thank all those who participated in the camp. Your cooperation with getting boats on and off the water and being where you needed to be when you needed to be there helped make everything run smoothly. Thanks very much and I hope you keep the dates free for next year's camp.

Catherine Bowyer
Vice President

NSW Championships - Para-Rowing

Mikaela competed successfully in the final of the Ladies Para Single Scull event (TA classification) at the recent NSW State Championships at SIRC, Penrith. In a race stacked with elite para-rowers, including Eric Horrie, Kathryn Ross, and Gavin Bellis, Mikaela rowed her own race and finished in second place, an impressive 19 seconds faster than her previous personal best. Senior NSW coaches are now encouraging Mikaela to take part in the National Championships, 23-29 March. Congratulations Mikaela on the terrific progress you have made.



Capsize Drills for Para-Rowers

At the session last Sunday, the para-rowers went through a series of capsize exercises off-shore at Grevillea Park: inflating life jackets, getting back into a boat or a tinnie (using the new white ladders), and towing to shore with a boat or on a body board. The sun came out only after the drills were completed! For those who missed out, the drills can be practiced at any time provided the water is warm.



Capsize drills at Grevillea Park: Bec Bayliss helping Kayla; Marcus helping Daniel in the background.

Lord's Taverners award to Cameron

Cameron has been awarded a grant from the ACT Branch of [The Lord's Taverners](#) - a world-wide organisation of cricketing enthusiasts dedicated to helping young people, particularly people with impairments, to play cricket when they might not otherwise have the opportunity. Grants are usually awarded only to young athletes who are engaged in competitions, but the Committee was sufficiently impressed with Cameron's efforts to make an exception.



President Ric Smith AO, PSM (left) and Chairman David Nicholls (right) of The Lords Taverners ACT Branch presenting Cameron with their award.

Regular Sessions and Courses

	Start		COACH/CONTACT	NOTES
Mon	0600	Seniors squad	Rod Goodall	
	0600	Seniors squad	Mark Georgelin	
Tue	0600	Masters, incl. Senior Women	Not supervised	Permanent
	0600	Masters Transition	John Carpenter	
	0600	Junior LTR Transition	Rod	
Wed	0600	Senior Boys squad	Rod (Elli, JohnC)	
	0600	Seniors squad	Mark	
Thu	0600	Masters, incl. Senior Women	Not supervised	Permanent
	0600	Masters Transition	John Carpenter	
	1530	Telopia Boys	Elli Bowyer & Jessica Oakley	
Sat	0600	Seniors squad	Rod	
	0700	Seniors squad	Mark	
	0700	Masters	Not supervised	Permanent
Sun	0700	Masters	Not supervised	Permanent
	0730	Adults LTR	John Carpenter	To 15/3/15
	0730	Para-rowing	Charlie Barton	Permanent
	0800	Junior LTR Transition	Rod	
	0830	Telopia Boys	Elli Bowyer & Jessica Oakley	

Regatta Calendars

CLRC Calendar: <https://www.dropbox.com/s/veynu0qmht0hmht/CLRC%20Calendar.xls?dl=0>,

Rowing ACT: <https://regattas.rowingact.org.au/>,

Rowing Australia: http://www.rowingaustralia.com.au/comp_calendar.shtml,

Rowing NSW: <http://www.rowingsw.asn.au/regattas/14-15/>

Boat Lanes Near The Harbour

The Maritime Police advise us that all rowing boats must keep to the north of the red buoys in the creek. Only powered craft are allowed in the channel leading into the harbour. This increases the risk of collision between rowing boats arriving and leaving the dock. Extreme care will be required.

To improve safety, can all boats returning to the club stop 'hard rows' & training at the first buoy, so they can pay full attention to any traffic coming out of the creek.

[David Uren]

Boat Licences

To operate a tinnie in the ACT you need a general boat licence from NSW Roads and Maritime:

<http://www.rms.nsw.gov.au/maritime/> .

STEP 1. Complete the compulsory General Boating Licence Safety Course. You have three choices:

- (1) Buy a Boating Safety Course DVD-kit for \$15. The kit comprises a Boating Safety Handbook, a DVD (with the same information), a practical boating logbook, and a maritime certificate BG series.
- (2) Take a Boating Safety course for \$170 – see website. Courses are held at 6.30pm at the Raiders Club, Hardwick Cres, HOLT. Ring 02 9524 5678 to book and pay by card. Mention that you are from Capital Lakes Rowing Club. Other bodies also run courses.
- (3) Study online directly via the website. The cost \$14.

STEP 2. Pass the General Boat Licence multiple-choice question test. The fee is \$32.

STEP 3. Log practical boating experience - minimum 3 trips in a tinny with a skipper who has held a licence for 3 or more years.

STEP 4: Purchase your licence - \$57 for 1 year, \$152 for 3 years, or \$238 for 5 years (the maximum).

Technical Tips

Lean back. Keep your blades well clear of the water.....



Life Jackets – a warning

Several of our blue life jackets failed to inflate recently because the CO₂ bottles were not fully screwed in. Before using a life jacket, you should check to ensure the bottle is correctly fitted and that the indicator on the attachment is showing green. Also ensure the yellow tag that you pull to inflate the life jacket is protruding from the jacket. The life jacket will inflate with great force (BEWARE), blowing apart the velcro holding it together.

New Double - Paul Espie II

We have acquired a second hand double, the “Paul Espie II”, from the University of Sydney Rowing Club. The boat was manufactured in 2010 by Sykes Racing; average crew weight 80-100kg. The boat is in excellent condition – HANDLE WITH CARE.

Security - DO NOT READ THIS NOTICE

CLRC is located in a vandal-infested environment. Please never leave the combination lock on the front gate open as the combination is then on full public display.

Club information in Dropbox

Information for CLRC members is stored in Dropbox under “CLRC Members”. Click [here](#) to view it. To place information, including photographs (lo-res, please), contact the Editor.

Email Groups

Anita and Catherine have put together the following "Contact Groups" in the Capitallakes@gmail.com account for ease of corresponding:

- All members
- masters
- juniors
- coaches
- Robert's squad (this squad is also listed under Rod's squad)
- committee members
- Mark's squad
- Rod's squad
- Elli's squad

Type the name of the group in the "To" box and all the email addresses for the group will be entered. Please notify [Anita](#) and/or [Catherine](#) of any changes required.

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

Please submit Newsletter contributions as soon as they are ready to: cebarton@gmail.com

“The early bird might get the worm, but the second mouse gets the cheese.”