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www.capitallakesrowing.com

Newsletter No. 149

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Registration for the 2015/2016 Season

Registration is now open for the 2015/2016 season. Please visit the website www.capitallakesrowing.com and register through the registration tab. All members will need to complete a **new registration** for this year. If there are any problems, please contact the club through capitallakes@gmail.com or phone Sandra on 0423669916. All members are required to register before they start rowing again to ensure that they are covered by insurance. Part payment of membership fees can be arranged. Please indicate that you would like to make part-payments when you register.

Finalisation of last season's accounts

Some rowers have outstanding accounts from last season. It would be appreciated if all members who still owe money from last season could finalise their accounts. If there are any issues with payment of the account, please contact the Secretary as soon as possible.

New Website Launched

Our new website: www.capitallakesrowing.com contains all 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: sandrajane@live.com.au,

Entertainment Books

Entertainment Books for the Canberra area are still available for purchase. At only \$60, they offer outstanding value if you enjoy eating out, travelling, or visiting local and interstate attractions. \$12 from every book sold comes back to the club. Please order a copy by contacting Sandra 0423669916 or send an email to capitallakes@gmail.com.

New Para-Accessible Toilet

A wheelchair-accessible portable toilet for para-rowers is being installed in addition to the existing portaloo. Please use the normal toilet in preference to the disabled toilet when possible as this reduces maintenance costs.

Winter rowing

Remember to have appropriate lighting on your boats during periods of low visibility, 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. Air temperatures are starting to increase, but the water is still dangerously cold.

Thefts from cars at CRC

In recent weeks, thefts have occurred early in the mornings from vehicles around CRC in Yarralumla. In case thieves extend their range to our end of the lake, avoid leaving valuables in your car and particularly not where they can be seen from outside the car. Thieves are most likely to target cash or valuables that they can easily convert to cash. Details of suspicious activity should be passed to Crimestoppers on 1800 333 000. Call ACT Policing on 131 444 if you have just witnessed a break-in or think you are about to.

Safety Policy - Incidents and Accidents

A safety policy has been implemented for the Club and will be available for viewing at the Boathouse or through the website. If you are involved in an accident or a close call when out rowing please make sure that you report it. If there is an incident on land or within the Boathouse that results in injury or damage, this also needs to be reported. There is an incident book in the shed with Incident forms that need to be completed. We do not seek to apportion blame – rather reporting of accidents or incidents allows us to adjust our procedures to make sure that our rowing experience is safe for all. If we don't know about problems then we can't fix them.

Damage and Repairs

All boats will require maintenance over time. Where possible this maintenance should be undertaken by the person who notices it. Any more serious damage to boats, that occurs on or off the water, needs to be reported. If it is a minor fix, please fix it yourself or seek advice from more experienced rowers as to how to fix it. Anything more serious that makes a boat unrowable, please put a damaged boat sign on the boat, write it up on the board and let the Boat Captain know immediately what happened and how it happened. Sometimes there is more damage there than can be seen. If you are responsible for the damage, please make yourself available to help with the repair. A great learning experience!

Sign In – Sign Out

To ensure that we meet our safety requirements all boats and rowers are required to be signed in and out. Please ensure that each time you go out your boat and crew are accounted for. This is particularly important when you are rowing outside of organised sessions. The sign in/out sheet is located at the front of the shed – please get into the habit of using it.

Entering and Exiting CLRC Dock

Please remember to enter and exit CLRC dock to the north of the red buoys (Jerrabomberra Wetlands side).

When completing your row and coming back into the channel leading up to the Boathouse, please reduce your speed to ensure you don't run into other boats or more stationary objects (like the bank)! As the weather warms up and more of us are on the water we need to be vigilant between the red buoys.

Watercraft can enter/exit Kingston Harbour if they are in transition; Kingston Harbour isn't to be used for training drills/activities other than transitioning through the harbour; isn't to be used as a general thoroughfare

- when entering/exiting Kingston Harbour, watercraft need to remain on the right side of the buoys (not take short cuts into/from the channel)

COMING EVENTS

Learn to Row Course for Schools - Merici and St. Clares

A Learn-to-Row course for girls from Merici College and St. Clares will be taking place on Sunday mornings 0800 – 1000, commencing Sunday 6th September. For information, contact Catherine Bowyer capitalakes@gmail.com

Shoalhaven Trip, 4-6 September

The annual Shoalhaven River trip in the Yoles will be from Friday 4 September to Sunday 6 September. Rowers, partners, and non-rowing family members are welcome to come for the whole weekend or just a day.

Saturday: depart Nowra at 7.30 am, launching from the northern side of the Shoalhaven River opposite the Nowra rowing club. Row up river for an hour or two, picnic, and then return. Dinner will probably be again at the Pelican Rocks Seafood Restaurant at Greenwell Point. Bring your partners and other family members to dinner - the more the merrier.

Sunday: row from Greenwell Point boat ramp towards the Shoalhaven Heads and, if conditions permit, venture out of the heads. If the river mouth crossing is too "lumpy" we will make alternate plans.

Please book your own accommodation. Options at Greenwell Point include:

(1) Anchor Bay Motel - across the road from the boat launching site:

<http://www.anchorbaymotel.com.au> - 02 4447 1722

(2) Anglers Rest - cabins on the waterfront: <http://www.anglersrest.com.au> - 02 4447 1207.

(3) Coral Tree Lodge: <http://www.coraltreelodge.com.au> - 02 4447 1358.

Please let Loyd know as soon as possible if you want to come along:

lperin@perinmgt.com.au; tel: 0413 775 587.

Murray Rowathon, 10 October 2015

This year the Murray Rowathon will take place on both the Murray and Darling Rivers at their confluence near Wentworth. Proceeds go to support the Royal Flying Doctor Service. If you are interested in participating, contact Catherine Bowyer.

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.

Technical Tips

Tinnies

When towing with a tinnie, tie a loop of rope around the outboard motor and clip into this. You can then steer with ease and there is no strain on the structure of the tinnie. If you tow from the corner of a tinnie it will steer in circles. Make sure the loop of rope is short enough to prevent the clip reaching the propeller, and long enough to allow the motor to tip up.



Distance per stroke counts

Here's some figures to illustrate the effect of improving your distance per stroke. At a split time of 2:00 minute at 25 strokes per minute, you get 10 m per stroke. If you raise the rate to 30 spm and drop the split to 1:50, you get 9 m per stroke. But if you relax a little and stay long, you could achieve a 1:50 split at 28 spm, yielding 9.7 meters per stroke. Over the course of 2000 meters, that is a 16 stroke difference.

[Advice from Nielsen Kellerman's website]

Quote Quiz

Who said: "I don't want to achieve immortality by doing great deeds. I want to achieve it by not dying." ?

Answer to #148: "Some people cause happiness wherever they go. Others whenever they go" ~ *Oscar Wilde*

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

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