



# Up The Creek

Issue: February 2010

Barwon Rowing Club Inc.

[www.barwonrc.asn.au](http://www.barwonrc.asn.au)

## Dates for the Diary February

Wednesday Feb 10	Club Working Bee at 5.30pm
Saturday Feb 13	Vic State Championships – Nagambie.
Sunday Feb 14	Vic State Championships – Nagambie.
Saturday Feb 20	Vic Champs – Jnr School Girls
Saturday Feb 27	Henley on the Maribyrnong - Maribyrnong River, Essendon.
Sunday Feb 28	Head of the Lake

### From the Editors

Apologies for the late edition. Blame it on the regatta season being in full swing making it hard for us to get together and a burst water pipe.

Beth and Di

## 140th CELEBRATION DINNER

The Barwon Rowing Club 140<sup>th</sup> Season Celebration Dinner will be held on Saturday 17<sup>th</sup> April 2010.

The evening will start with pre-dinner drinks and nibbles at the Barwon Rowing Club at approximately 5:30pm. Guests will then be bussed to the dinner to be held at Lyndon Grove, Surf Coast Highway, Grovedale where a two course meal (main and dessert) will be served as well as complimentary beer, wine and soft drink for 2 hours.

We will have a guest speaker as well as a speech by the Club President.

Guests will be bussed back to the Barwon Rowing Club once the night has concluded.

Tickets for the event are \$60 per person, tables of 10 are available. Tickets will be limited so you're urged to book early. Ticket sales close Thursday April 1<sup>st</sup> 2010. Dress code- Cocktail.

For more information and ticket sales please contact Scott Penning (0409 954506) or Sam Elliott (0458 347025).

## **RAFFLE TICKETS**

**MUST BE RETURNED By 10<sup>th</sup> Feb  
To Miranda George, 130 Georges  
Road, Barrabool 3221.  
Phone: 0437 944134**

### **Captain's Corner...Sam Elliott**

A fantastic weekend was had by all who attended the Rutherglen Weekend. Although being extremely hot and consequently some crews scratching, we still had a very successful weekend. We had 43 individuals compete for the club and just as many if not more supporting it. It was great to see so many people in attendance for the Barwon Rowing Club.

Congratulations to the following winners-

**Saturday**- Female B Grade Coxed Four (Grace McNiven, Zara Barling-Mills, Bernadette Savron, Miranda George), Male Masters Coxed Four (C) (Dave McPherson, Richard Tomczak, Ross George, Andrew Cleary), Mixed Eight (Richard Tomczak, Lauren Battaglia, Serena Peardon, Alice Fraser, Dave McPherson, Chris Tomczak, Anthony Crust, Andrew Cleary, c: Rob Gardner), Male A Grade Coxed Quad Scull (Sam Elliott, Adam Morgan, Marcus Tomczak, Scott Penning), Male D Grade Coxed Pair (Ross George, Russell George) and the Female A Grade Coxed Quad Scull (Jen Cleary, Serena Peardon, Lauren Battaglia, Courtney Blyth).

**Sunday**- Male A Grade Coxed Four (Trent Sullivan, Marcus Tomczak, Russell George, Scott Penning), Male Masters Coxed Four (C) (Dave McPherson, Richard Tomczak, Ross George, Andrew Cleary), Female A Grade Double Scull (Courtney Blyth, Jen Cleary), Male A Grade Coxed Eight (Adam Morgan, Dave McPherson, Richard Tomczak, Scott Penning, Russell George, Marcus Tomczak, Ross George, Andrew Cleary), Female A Grade Coxed Quad Scull (Jen Cleary, Serena Peardon, Lauren Battaglia, Courtney Blyth) and the Female B Grade Coxless Pair (Laura Petschell-Middleton, Jordan Machnyk).

The weekend just gone saw the Barwon Regatta held in Geelong. This was once again held over two days. We didn't have as many entries as the Rutherglen Weekend and we weren't quite as successful either.

Congratulations however to the following winners-

**Saturday** – Female Under 17 Double Scull (Tenielle Linehan-Downes, Sarah Petschell-Middleton)

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**Sunday** – Female A Grade/Open Single Scull (Lauren Battaglia), Female A Grade Double Scull (Serena Peardon, Lauren Battaglia), Female C Grade Single Scull (Serena Peardon), Male A Grade/Open Coxless Pair (Tim Wright-CBRC, Scott Penning)

The Club will be attending the Mildura/Wentworth Easter Regattas this year as these weekends really bring out the “Spirit of Barwon”. Some crews have already showed interest and have booked accommodation in Mildura. This is a very good idea as rowing is only one of quite a few events held in the Mildura region over Easter. The club will be staying at the River Bend Caravan Park (formally the Apex Park) where there is ample space to pitch a tent. If you would like a few more creature comforts then it is recommended that you book alternative accommodation sooner rather than later. These regattas are a great way to end the season.

The next Wednesday Working Bee will be held next Wednesday (10<sup>th</sup> February) at 5:30pm. Many hands make light work so it would be good to see as many members there as possible.

Another call goes out for people to volunteer for Boat Race Officials. For every regatta we enter we must provide a Boat Race Official. If we fail to provide a Level One BRO we are fined \$210. There is a list of regatta's coming up attached, if you think you could spare a few hours to be a BRC BRO at any one of these regatta's please let me know ASAP. Thankyou to those of you who have already completed a session as a BRO and to those that have offered their assistance.

A few tips from the Captain-

- Be good to your mother.
- Take responsibility for your own actions, don't play the blame game.
- Always listen to regatta officials.

And remember-

- **Boats must be washed inside and out**
- **Every rower should own a pair of spanners**
- The **“Racking Point”** sticker

### **Regatta Calender**

Sat/Sun 13<sup>th</sup>/14<sup>th</sup> Feb – Vic State Championships – Nagambie Lakes, Nagambie.

Sat. 20<sup>th</sup> Feb – Junior School Girls Champs – Barwon River, Geelong.

Sat. 27<sup>th</sup> Feb – Henley on the Maribyrnong - Maribyrnong River, Essendon.

Sun. 28<sup>th</sup> Feb – Ballarat Head of the Lake – Barwon River, Geelong.

1<sup>st</sup>-7<sup>th</sup> March – Australian Rowing Championships – Nagambie Lakes, Nagambie.

Sat/Sun 13<sup>th</sup>/14<sup>th</sup> March – Head of the Schoolgirls – Barwon River, Geelong.

Fri/Sat 19<sup>th</sup>/20<sup>th</sup> March – Head of the River – Nagambie Lakes, Nagambie.

Sat/Sun 20<sup>th</sup>/21<sup>st</sup> March – Footscray Regatta – Maribyrnong River – Footscray.

Sat 3<sup>rd</sup> April – Mildura Regatta – Murray River – Mildura.

Sun 4<sup>th</sup> April – Wentworth Regatta – Darling River – Wentworth.

See you out on the water soon. *Sam*



### **SHED UPDATE**

The shed is progressing well and as you may have noticed the fire service has been installed along the rear of the shed. This service had to be installed as one of the points on the building notice the COGG served on us. We have to thank the Geelong Rowing Association, The Geelong College and Geelong Grammar School who have all assisted with the cost of the main. Thanks must also go out the all that helped with the manual labor especially Gary GILES and Peter WHITE.

The next stage of the shed development is moving the sewer pit away from the north east corner of our shed over closer to The Geelong College Shed. This will occur in the next 2 weeks.

I think most people are aware that we have been issued with a planning permit from the council but we have had to modify the plans that were submitted. The Planning Dept at COGG weren't happy with the flat roof so we have reverted to a pitched roof that will keep the new shed looking along the same lines as the existing one. The

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plans are on display in the Chandley Room for anyone to peruse.

In relation to demolishing the existing shed we are still aiming for April. We believe that demolition will take about a month and prior to this we will have all the panels and steel work fabricated for construction to commence. With regard to all the equipment in the shed we are looking at obtaining/hiring shipping containers to keep everything in the club in a central location, once filled this container will be moved to a secure location until we move into the new shed.

In order to keep the club rowing in this time we will hopefully have access to our equipment that will be stored on a trailer or in other sheds in the river precinct, I am currently in discussions with the other clubs about keeping our members rowing with the minimum of disruption.

Everything in relation the shed redevelopment is going well and I have to thank the Building Committee of Peter WHITE, Rob GARDNER, Peter BUBB, Andrew CLEARY, Michael CUSHION and Stuart PEACE who without their assistance we wouldn't be in the great position we are in now.

Just on another point I would like to thank all who have assisted the club with catering especially Georgia BLYTH and ROB COCAYNE who has done a fantastic job of arranging the food and ferrying around the catering equipment.

If anyone has any questions on the building development or any other issues at the club feel free to give me a call or just drop me an e-mail at [president@barwonrc.asn.au](mailto:president@barwonrc.asn.au).

Hope to see you all at the river soon,

Sean DREW, Club President



'Men at work' installing the fire service.



Women at work in the catering tent



**Thanks to those who have nominated the Barwon Rowing Club. We have received considerable funds for very little effort.**

**Ways to participate:**

Sign up for the **Bendigo Bank Community Program**. When you bank with your local Bendigo branch you can help the Barwon Rowing Club. Bendigo Bank shares a percentage of their profits with us. Forms are available at the club or by speaking to committee member Heather Palmer. It's as simple as filling out a form!

**LOST PROPERTY**

So much personal property is being left around the club that a process of control is being put into place. Lost property will be collected and placed in boxes.

It will be laid out everything two weeks and all property not collected by the end of the third week will be donated to an op shop. So as Sam says "Be good to your mother" and make sure you take home what you bring down to the club especially your school uniform.

**Notices and Reminders**

**The Club has a range of BRC Clothing** - see the downstairs noticeboard for the range of BRC gear, Contact Chris Tomczak to order 5243 1376 (AH).

Remember that you are representing the club when out on the water. Be polite when letting

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others know of the correct direction to row when on the Barwon. Avoid 'River Rage'.

Don't forget to get your photos and stories etc to us by the first Wednesday of each month to meet our deadline. We can be contacted via email [newsletter@barwonrc.asn.au](mailto:newsletter@barwonrc.asn.au)

### **ROWING TIPS**

This month's rowing tip is presented by Coach Andrew Cleary.



#### **THE DRIVE-----**

Around the world there are many different thoughts about how to propel the boat.

The Australian model is very simple and it is the one that we at BARWON should follow. Starting at the time the blade is completely buried emphasis should be on the legs drive only. Making sure that the shoulders stay forward of the hips until the legs are almost flat.

As the legs flatten out this is when the body should start to swing followed by the arms keeping the acceleration of the handle going and keeping a flat draw of the handle to the lower rib cage .

Typical faults in the drive and exercises to assist in rectification:

"Shooting the bum": This is when the legs are pressed down but the handle does not follow.

"The fix": Legs only rowing (commonly known as stuff the Duck)

Using the ergo, sit at the catch position and get someone to hold the handle. Then try to drive the legs down keeping an eye on the handle relationship to the seat.

There is a tool that I have used on the ergo that bolts onto the seat and has a pipe that goes over the handle. I am happy to explain this on an ergo to anyone who wishes.

## **140<sup>th</sup> Reunion**



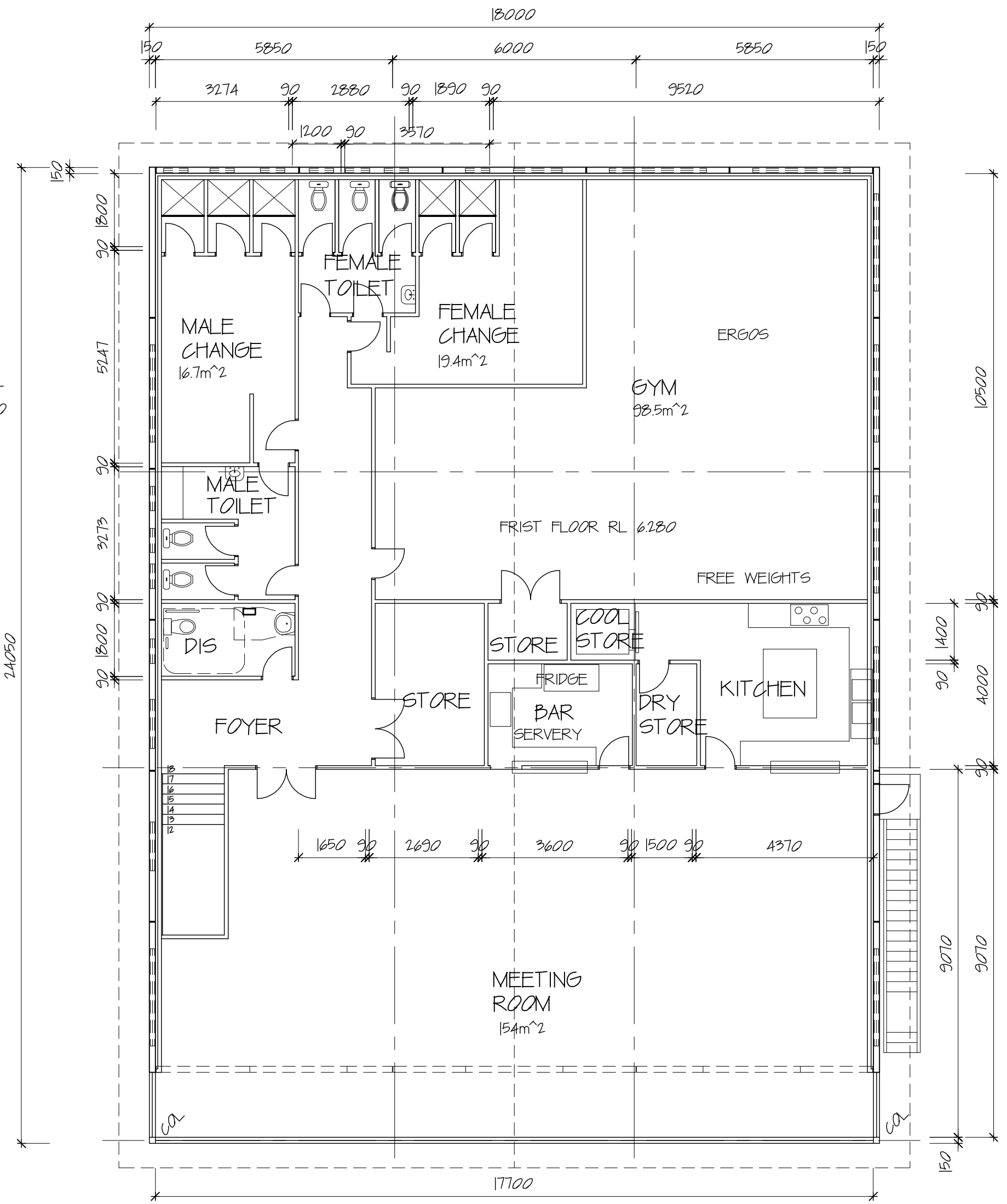
Despite a very hot day and it being a very busy regatta for the club, many past and present members made it to the Chandley Room to hear Club President Sean Drew give his very informative speech. Sean outlined in particular progress and plans for the new shed.



Many thanks to Doug and Allan for the photos of happenings around the club for this newsletter.

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# FIRST FLOOR PLAN

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