



Up The Creek

Issue: March 2010

Barwon Rowing Club Inc.

www.barwonrc.asn.au

Dates for the Diary February

Wednesday March 10 th	Club Working Bee at 5.30pm
1 st -7 th March	Australian Rowing Championships – Nagambie Lakes, Nagambie.
Sat/Sun 13 th /14 th March	Head of the Schoolgirls – Barwon River, Geelong.
Fri/Sat 19 th /20 th March	Head of the River – Nagambie Lakes, Nagambie.
Sat/Sun 20 th /21 st March	– Footscray Regatta – Maribyrnong River – Footscray.
Saturday March 27 th	END of an ERA Garden Party
Thursday April 1 st	Shed Demolition begins!
Saturday April 3 rd	Mildura Regatta – Murray River – Mildura.
Sunday April 4 th	Wentworth Regatta – Darling River – Wentworth.
Saturday April 17 th	140th Celebratory Dinner

From the Editors

Welcome to our longest edition yet! Which is not only full of plenty of race updates and shed notices, but it's also on time!

This edition is particularly exciting because we are coming up to some of the biggest events the Barwon Rowing Club has seen in recent history – the 140th Anniversary Dinner and the End of an Era Garden Party to farewell the shed.

We look forward to the Spirit of Barwon attending these events, helping to pack away the shed at working bees and supporting on the water.

Beth and Di

State Titles



Under 19 Champion, Marcus

Barwon had a very successful Victorian Championships, despite typical Nagambie conditions with wind blowing across the course, with eight club members going home with medals.

Marcus Tomczak retained his winning form to take out the Male Under 19 Single Scull while Jen Cleary showed everyone what she was made of by taking out silver in the Female Under 19 Single Scull.

Courtney Blyth, Jen Cleary, Serena Peardon and Laura Battaglia, coxed by Alice Morgan overcame a challenging start to take out the Female A Grade Coxed Quad Scull and Scott Penning was a member of the silver medal Male Open Quad Scull.



From left: Alice, Courtney, Serena, Jen and Lauren

PO Box 298, Geelong, 3220

Barwon Rowing Club

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info@barwonrc.asn.au

End of an Era Garden Party

Saturday 27th March 2010

3pm onwards

Join past and present members in a
farewell to the shed.

This will be the final official function
for the old shed before demolition
commences.

Dress in your Sunday Best (on a
Saturday!) to partake in a classic
afternoon tea by the bank of the
Barwon for only \$5 a head.

RSVP to Di Strachan (0421 992 609) or
Jan Keats (0408 997 243)

140th CELEBRATION DINNER

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

The evening will start with pre-dinner drinks and
nibbles by the Barwon River at 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 1st 2010. Dress code: Cocktail dresses for the
ladies, jacket and tie for the men.

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

Captain's Corner...Sam Elliott

First of all I'd like to report that the agreements
that we put to both Clonard College and Matthew
Flinders Girls Secondary College during winter
last year are now in place. This is great news for
both schools and the club. The Barwon Rowing
Club is now obliged to provide equipment for up to
three Year 9 crews, provide equipment and
coaches for up to three Year 10 crews as well as
two senior crews per school. A big thankyou to
Andrew Cleary, Vice Captain for all of his work in
meeting with both the schools and getting these
agreements over the line.

The last month has been an extremely busy one
on the water. We attended the Ballarat Regatta at
Nagambie which saw Marcus Tomczak win the
Male Under 19 Single Scull and Ainslie Morris win
the Female C Grade Single Scull. We also had
the Barwon Regatta which saw the following
winners-

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

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 following week we were back at Nagambie for
the Ballarat/Wendouree Regatta where we saw
Marcus Tomczak once again win the Male Under
19 Single Scull.

The weekend just gone saw the Rowing Victoria
State Championships held in Nagambie.

Congratulations to the following Champions for
2009/2010-

Male Under 19 Single Scull (Marcus Tomczak)
and the Female A Grade Coxed Quad Scull
(Courtney Blyth, Serena Peardon, Jen Cleary,
Lauren Battaglia and coxed by Alice Morgan).

A quick reminder that despite the demolition
works the Club will be attending the
Mildura/Wentworth Easter Regattas. 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's ample space to pitch a tent. If you'd like a

few more creature comforts than it's recommended that you book alternative accommodation sooner rather than later. These regattas are a great way to end the season.

The final Wednesday Working Bee will be held on Wednesday the 10th of March at 5:30pm. This will be a big one as we'll be starting to pack the contents of the shed away in shipping containers so it would be great to see as many people there as possible.

The tips for this month have not changed from last as last night I observed crews still putting boats in the shed around the wrong way and not washing them correctly. Here they are-

- **Boats must be washed inside and out**
- **Every rower should own a pair of spanners**
- The "**Racking Point**" sticker is there for a reason!

See you out on the water soon.

Sam Elliott

Regatta Calender

Sat. 27th Feb – Henley on the Maribyrnong - Maribyrnong River, Essendon.

Sun. 28th Feb – Ballarat Head of the Lake – Barwon River, Geelong.

1st-7th March – Australian Rowing Championships – Nagambie Lakes, Nagambie.

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

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

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

Thursday 1st April 2010 – History in the making-
demolition of the shed commences!!

Sat 3rd April – Mildura Regatta – Murray River – Mildura.

Sun 4th April – Wentworth Regatta – Darling River – Wentworth.

THE BARWON ROWING CLUB **ENTRY PROCESS HAS** **CHANGED!!!**

Due to changes in RV policy where regatta entry fees now need to be paid to the host club prior to competing and the fact that we still have fees outstanding from last season the BRC entry process has changed.

Entries are now done electronically through ROMS by coaches or in their absence, the stroke of the crew.

(Please contact **Alice Evans** at the RV Office if you don't have a logon on **03 9820 8888** or alice@rowingvictoria.asn.au)

Entry money needs to go to **Scott Penning**. Scott is around the shed most evenings. Entry money will be taken as cash, cheque or EFT. If paying via EFT please use your name and regatta as description (e.g. J.CitizenBarwon) and provide Scott with a copy as proof of payment. (**Scott Penning** – penning@tpg.com.au)

Entries and entry money will be taken up until **5pm Friday** prior to the RV advertised closing date. Entries then need to be authorised by a club official and this will take place after 5pm Friday.

Bulk prepayment of entry fees is highly recommended.

- No late entries will be accepted.
- No entry, no authorisation, no row!
- No money, no authorisation, no row!

Please note that due to the number of outstanding entry fees, this policy will be strictly enforced.

SHED UPDATE

Just a short note to let you all know what is happening with the shed redevelopment at this time. The next stage of the development is the moving of the sewer pit from the eastern side of our existing shed closer to Geelong College, this is planned to go ahead this week. We have received some positive feedback from Commercial Builders and will appoint one in the next week to oversee the construction of the new facility. The building surveyor has been appointed and we are waiting for the demolition tenders to be returned so that the demolition contract can be awarded. As you can see it is all go with the shed development and we are still on track to demolish this shed in April this year, yes that's only about 6 weeks away so stay tuned.

One of the main issues we have at the moment will be the removal, packing and storage of all the club's memorabilia and equipment while we are without a shed. As mentioned previously we are going to hire a Shipping Container through Belgrove Hire to keep all the clubs belongings

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together in one place. Once this is packed it will be moved off site to a secure location. Different members from the General Committee have been allocated areas to co-ordinate the removal and packing of items and this will have to occur over the next few weeks. We will have to arrange working bees to assist with this huge task and it would be appreciated if as many members as possible are able to give a hand to assist with the packing up of the club as we know it. We will let you know when the working bees are planned via e-mail and notices at the shed.

There are some social functions coming up in the future in relation to the demolition of the shed and also the 140th celebrations and I look forward to catching up with past and present members at these functions.

This is the largest project the club has undertaken in the 140 years we have been in existence and I would like to thank the tireless work of the Building Committee and General Committee because without the support of these people this project wouldn't be going ahead.

If anyone has any questions or issues with the shed development or club issues I can be contacted on 0417 569610

See you at the river,

Sean DREW

Club President

Media Relations

As everyone will be aware, the club's profile has been raised significantly with the currently media coverage of the shed upgrade. President Sean Drew and secretary Lyn George are the club's official spokespersons. Please direct any queries from the media to them.

Boat Race Officials

The club *must* provide boat race officials for many regattas. Failure to do so results in fines and can lead to a ban from racing for all members.

Being an official is a great way for parents to become involved – no rowing skills are required and training is provided as well as ongoing support from both Barwon and Rowing Victoria.

Reports from past volunteers indicate that it's a great way to understand the way regattas function and the rules of racing. Please contact Sam Elliott if you'd like to help out.

We are desperate for helpers as the same people are being forced to do it each week.

Fundraising News

We have a number of initiatives to raise money for the club.

Many people are familiar with the **Entertainment Book** which is full of vouchers and ideas for places to go and things to do. Barwon will be selling the 2010/2011 Book for \$55 each of which the club receives \$11. Please see Scott Penning (0409 954506) if you're interested.

On the Head of the Schoolgirls weekend, Barwon will be the host of **Picasso on the River**; an exhibition showcasing local artists. Entry will be \$5 which includes entry to the exhibition and a drink from the bar. Artwork will be for sale and the club will receive a percentage of sales.

Fruit Real Estate is one of the Club's newest supporters! If people mention the Barwon Rowing Club when selling their house through Fruit Real Estate, estate agent Brad Morris will donate up to 20% of his commission to the club. Please see attached flier for details and make sure you **email Lyn George** secretary@barwonrc.asn.au to ensure that the club receives their donation from Fruit.



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

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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).

Bar OPEN: after work every Friday and from noon onwards Sunday



Adrian showing everyone that engineers can count

Club security is an area of utmost importance! It's been found unlocked on a number of occasions in various weeks so please make sure that you lock the shed *even if you are unsure* that you're the last person. Furthermore, equipment is being left out including slings, oars and cox-boxes so please ensure that they are put away in their correct locations.

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

ROWING TIPS

This month's rowing tips are submitted by Coaches Andrew Cleary and Michael Cushion

Some exercise to consider and why we should do them:

Square blade rowing: This helps establish correct hand height and the ability to push away the boat from the finish.

Inside hand down the shaft: (sweep rowing) establishes the strong outside arm and the draw of the outside arm.

Feet out rowing: Helps smooth the finish and keeps contact of the feet to the stretchers.



Silver medallist, Scott showing he's useful off the water as well

Coaching news:

(Presented by Stuart Wilson of Sykes Racing at a VIS Coaching Seminar)

Rigging for the individual is best explained when it is split into two sections: one focused on the comfort and efficient positioning of the individual; and the second, on rigging an individual to conform to the majority of the crew. Sometimes of course both problems affect individual crew members.

With school programs we are often faced with athletes who cover a broad range of size, shape and strength and whilst it can be seen as a problem by some, I think it's this fresh challenge each year that keeps us motivated and determined to do the best we can with what we have. This in itself provides great experience and a good base for many coaches who start out in the school system and move on to National and International positions.

As a starting point we can assume that most schools now own boats that are suitably sized for the crews that row them, as many problems can be seen with crews using equipment that is not suitable. However we still have situations where boats are passed down the line and certain changes may need to be made to help the new users.

We also know that with the size difference we often have to work with, a uniform set up is not going to suit all the crew. Boat builders aim to produce a product that suits most users but it is unusual to have fittings that are perfect for everyone.

We should always aim to set out with a rig of our choice and deviate as little as possible from it to aid our desire to produce uniformity of movement within the crew.

The first most obvious problem is heel heights as incorrect settings can cause a number of technical problems in the stroke and personal discomfort to

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the rower. Combined with setting the correct stretcher angle, this is one of the most satisfying adjustments a coach can make for the athlete. As adjustment is not always easy out on the water for the coach to control, notes or video should be made and corrections made back at the boat shed.

As a general rule girl's heel heights range from 14 to 17 cm below the seat, but cases of 12 and 20cm can occur. Stretcher angle would normally be between 38 to 42 degrees for girls. For boys heel heights of 17 to 20 are usual and stretcher angle of 40 to 42 degrees.

Sometimes adjustments need to be made that go outside of the working range of the standard adjustments if we want to be more exacting, but this brings with it some associated problems.

We also often encounter rowers with very long or short bodies where the normal rig height set for the crew does not suit them. Whilst raising or lowering the height washers can take care of this to some degree, we are then moving away from our norm and a simple removal or addition of a seat packer has a far better effect on the uniform movement of the crew.

Once we have the individuals set up comfortably and in an efficient position we can then look to position the rowers to have the crew moving through the same arc or "in phase" to maximise the peak power impulse at the same point of the stroke. Firstly we look to see if poor technique is the reason for different stroke lengths as much bigger changes can generally be made to the rower than with changes to the rigging.

Small changes can be made with an alteration to the inboard of the oar and larger changes made with a combination of span and inboard and overall oar length. With the introduction of adjustable length oars the job of achieving uniform arcs and loading for your crews is much easier than in the past.

Trial and error and use of a video camera, particularly from an overhead position will soon show the changes you have made.

Getting your crews rowing well together obviously has a positive effect on boat speed but not to be underestimated is the pride and positive mental effect crews pick up from video replay and comments from peers and supporters, especially at this early stage of their rowing careers.

As coaches you will all have your own views on how adjustments and crews should look but we should not lose sight of the fact that what the blades are doing is more important than a pretty looking crew. At a more senior level where rowers and more particularly scullers, often come together to

form composite National crews, we see almost perfect blade work if that's what you focus on but also often unusual individual positioning or movements if you focus only on the movements of the body. Obviously the coach has worked on positive and effective blade work and not been preoccupied with individual styles of the rowers.



Ballarat Regatta C Grade Scull Winner, Ainslie

Once again, a big thank you to Alan and Doug for their photo contributions.



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Are you thinking of selling your home or know
anyone who is?

As one of Geelong's largest and most respected real estate companies we feel its vitally important to give back to the community. As you know most club budgets are very tight so as I would like to show my commitment to your club by donating up to 20% of my sales commission to the club to be used for much needed equipment, upgrades etc. Please ask all your friends and family who live in the Geelong, Bellarine and Surfcoast areas if they or anyone they know is thinking selling and get them to give me a call.

Call or email Brad Morris and mention
Barwon Rowing Club to take
advantage of this fantastic offer
0433 352 052



Deadline for membership to Club Wednesday of the month. Submission
bradmorris@fruitproperty.com
newsletter@barwonrc.asn.au