

## ***Tapping In- The Monthly Newsletter Of the Riverside Rowing Club***



### ***Welcome to the September 2017 Edition of Tapping in!***

#### ***President's Report***

Dear all we are getting near the season start and I note a few crews are preparing for the Head of the Yarra time trial race. There is activity in both sheds and the gym gear is getting a regular and thorough work-out.

Many will be aware of the bag-burst which then flooded our car park and shed as well as taking a smelly material around our Torrens shed, even some leaking down the walls and flooding the lawn area down to the river.

Maritime Constructions for Adelaide City Council are responsible and did a very quick clean up job which was appreciated but we need to assess whether a greater claim is going to be necessary and we need to talk to council regarding the issues as well. Could all that notice any damage as a result of the flooding please notify in writing to Club Secretary, Don and we will have someone gather and collate the information. If you think there has been any damage and particularly if you have evidence (including Photographs) please send the information in.

We need to discuss the drainage situation at the back of the Torrens shed anyway and this may well be a good opportunity to get something done about that as well.

The leak out the front was rapidly repaired once a contact was made with the council and that is also appreciated by all that row at the Torrens shed.

You will have noticed some boat movement between the sheds and the organisation in the sheds as Thom Jones tries to make the sheds more efficient and make room for a new school to row their juniors from our shed. More will be notified about this soon.

Ian McBryde President

### ***Bob Bradley Trophy***

Was cancelled due to dredging in the upper reaches of the Torrens. Re-scheduled to 18<sup>th</sup> March 2018, the date of our picnic regatta.

### ***Report – RSA Time Trial 4.8Km 2nd September 2017- West Lakes***

Perfect weather – no rain and no sun, light cross wind. What could be better?

MW8+ Bow Moore, Howells, Levesque –Hocking, Booth, Dawson, Lewis, Katie Cavanagh ( Torrens ) Kenner Cox Mongomerie

Time 21:08.04, ave. split 2:12.06/500, 66.52% prog.

MM8+ Hoseason-Smith, Hendy, Sale, Ashenden, Walsh, Orr, Smith, Gunson cox Milne

Time 20:41.38, ave.split 2:09.30/500, 61.58% prog.

Once again the women beat the men on prognostic basis – well done Ladies!

### ***Winter Series Round 3 – 4km Time Trial***

Perfect conditions with a start at 9.30am at the finishing tower heading south. Down to the pontoon at Trimmer Parade and then north back up the course to the finishing tower once again 4km.

RRC had two crews as follows-

MW8 Riverside Lasers Moore, Zoontjens, Gore, Lewis, Levesque- Hocking ,Kenner McMullen Gibbs cox J. Gore

MM8 MOES Piovesan, Hendy, Sale, Napper, Walsh, Orr, Smith, Gunson cox Milne



A happy group of RRC members relaxing after the 4km Winter Series time trial Janet Lawrensen and Zandra Smith on the left foreground Leslie Lewis and Jane Moore on the right foreground.

AND equal winners for the Winter Series overall are – Riverside Lasers (MW8+)with 24 points.

### ***Report – Coaches' Conference 9<sup>th</sup> and 10<sup>th</sup> September 2017***

Laurel Kenner and Hugh Orr attended the Coaches' Conference held at PAC from 11am to 5pm on the Saturday and Sunday .Ten talks were given including Nutrition (Olivia Warnes), Physiology, Training Programs and Workload (Jason Lane) ,Coxing and Safety (Vicky

Knight), Technique and Progression (James Hammond PAC Coach ) Selection best practice ( Andrew Stunell).

We were reminded that rowing is about 80% aerobic and 20% anerobic so long rows at a rating of 20spm are important and that good technique is essential no matter what. For aerobic work to be effective it must be continuous e.g. in gym circuits DON'T STOP between pieces of equipment. With technique training repetition is king. Boat speed is what its all about – length and power.

Coxes need proper training and coaching. (Our problem at RRC is that we don't have any coxes! Only rowers helping out)

Good references – the Go Rowing DVD and the decentrowing web site.

***Diary Dates-All Saturdays unless noted  
October***

14 October Head of Port –Heads Racing 6.5km

21October Henley on Torrens –Masters sprints

28 October Round the Island –Heads Racing 7.0km

***November***

4<sup>th</sup> November 40<sup>th</sup> Anniversary Regatta – masters

11<sup>th</sup> November -Murray Bridge –masters

12 November Sunday –omnium

18 November Port Adelaide Regatta – masters

***December***

2<sup>nd</sup> December – West Lakes regatta

9 &10 December Saturday and Sunday Renmark  
Riverland regatta

16 December Twilight Regatta West lakes – masters

***GOOD ROWING!***

