



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue 33
January/February/March/April 2012

Overview – past and future

We are very nearly at the end of the season. Although many members have finished for the season, the masters season is in full swing now, aiming for the State (and for some, the National) championships in May. When these are over, it will already be time for the juniors to start again, and we will, we hope, have new squads of novices coming in from the learn to row program.

While we have had a slower start to the season compared with the past few years, it has been good to see renewed enthusiasm around the club as the season developed. The juniors, and their parents I believe, enjoyed their season and are looking forward to the next. It is likely that there will be a lot more enthusiasm and news about rowing over the next year – the Olympics are in July and then the Festival of Rowing will be at SIRC in March 2013. The next year offers Sydney rowers in particular a rare opportunity to see the world's best in action, and a very rare opportunity for the juniors to see world rowing at its best. So it should be a good year.

Our tireless coaches

As we move from one season to the next, it's time to reflect on what our coaches have given us over the last season. Thank you to the all our coaches who come down in all weathers to sit in the tinny and teach, counsel and inspire. Just add up how many times they have said to sit up, faster catches, sit back, hands away, slow the slide, feel the boat, relax the recovery, legs on, legs down, rock over, relax, raise the hands, lower the hands, and on it goes. And that's just in one session! They are having a well-earned break too. Thank you too to Frank Thorn for his training programs over the season. The programs continue for masters, and he has also prepared an off-water program for those who are taking a break from on the water training.

Boat usage, bookings and categories

The aim of the booking system and the Boat Usage Policy is to accommodate all members of the club, not just a few. Access to some boats is limited for reasons that may include keeping the fleet in the best possible condition for racing or because some boats are in very high demand.

The black and red category boats are the most restricted. The black category boats are regarded as the best in the LRC fleet, and we aim to preserve them for championship regattas, for example. Therefore, they may only be used for training by permission of the Captain. The criteria for use are broader than just success on the water – your demonstrated approach to boat maintenance and club life are also important considerations. Similarly for red boats: this category consists of proven competitive crews who successful at their grade and who win or place, or are within reach of the winning crew. Again, a crew's demonstrated approach to maintenance and care are significant factors, as is general approach to club life such as willingness to contribute.

Because of the particularly high demand on some 2x/- boats and some of the singles, and in an effort to make them available to more rather than fewer crews, I have restricted use to no more than four times a week per crew/sculler. If necessary this may be lowered to three times a week. So far this system appears to work – let me know if it doesn't.

Boats and Maintenance

We have started labelling the boat racks – thanks to Jess Black for her work on this. Labelling is a work in progress. More racks need labels, and we are working on finding a more secure system for keeping the labels attached. Many of the singles racks have not been labelled because Kerry Thorn

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LEICHHARDT ROWING CLUB INC.

ABN 93 993 695 175

Glover Street Leichhardt NSW 2040 • PO Box 3 Leichhardt NSW 2040

CLUB CHAT

Barry Moynahan OAM

has done a lot of work this year preparing an inventory of singles, both club and private, finding owners, and assessing row-worthiness. Rack labelling will happen once the singles find their longer-term racks. There is a list of people waiting to bring singles into the shed, and Kerry and I have done a lot of work this year to try and make that happen, but sometimes it seems a bit slow. We are getting through the list, but there is still a bit of work to do yet.

What's next?

Next season, I'm looking forward to seeing a renewed focus on boat maintenance from all rowers and coaches. We all want to race in good boats - if something needs fixing or replacing, learn how to do it, don't just put the boat away. Boat maintenance is an integral part of rowing – as well as washing and drying, we also check and replace and repair so that we would never ever put a boat away for someone else to fix!!

Plans for next season are being drawn up now and I hope to announce them soon. In the interim, juniors can expect to start back in late May, and others in early June. The masters season doesn't finish until the end of May, so many don't come back again until later, even July!

Corporate Regatta

The corporate regatta is the club's major fundraiser, so bring in an organisation! If you know anyone who would enjoy it, or an organisation that would like to incorporate team-building into their staff development, let us know and we can help them. Contact Justin Milne, justin@cicomilne.com or call 0416 221 536, or speak to Justin, Tim or me on the pontoon.

Presentation Night

Don't forget the presentation night – 6pm, 12 May, more details soon.

Thank you to everyone for supporting by listening, agreeing, arguing, suggesting, counselling and generally being prepared to engage with the (still new) captain.

And remember: check, replace, repair.



Anne Parbury
Captain



*"The Voice of Rowing"
Barry in the finish
tower at SIRC*

It is with great pleasure that we announce that Barry Moynahan, Vice-President and Life Member of Leichhardt Rowing Club, has been awarded the OAM in the Australia Day Honours for services to the sport of rowing in NSW. I'm sure all club members join together to congratulate Barry and give him a rousing cheer.

Of course, LRC members know that this is a well-deserved honour and that there is no more worthy, or modest, recipient. The following is a select list of Barry's LRC achievements (and these are just some of the rowing related ones), garnered since the day he joined the Club in 1959, followed by becoming a committee member in the early 1960s and giving nearly 50 years of voluntary service at Leichhardt Rowing Club and the Association level.

- Vice-President of Leichhardt Rowing Club and Life Member
- President of NSW Union of Old Oarsmen
- Vice-President of Rowing NSW and Life Member
- Club Captain for six years
- Club President three times
- Twice elected Member of Rowing NSW
- Competed successfully at club level, and nominated by selectors for the state squad
- All three of his children won state championships with Dad as coach. Rodney was twice Club Captain
- President of LUOR, the Leichhardt Union of Old



*Speaking at the 2009 LUOR
lunch and boat christening*

rowers and the list goes on...

Once again we offer our congratulations to Barry Moynahan OAM and applaud his achievements and his contribution.

**Tim Clare, Club President
on behalf of all LRC
members**



*Commentating at the 2011
LRC Corporate Challenge
Regatta*

CLUB CHAT

CHRISTMAS MORNING OPERA HOUSE ROW & SANTA SPRINTS



On a sparkling Christmas morning, a group of dedicated rowers dragged themselves out of bed to celebrate the festive season

with fellow rowers on the traditional Opera House row and Santa's Sprints. As the only time that NSW Maritime allows rowing craft under the Harbour Bridge, it's a unique Sydney experience and a great way to start the day. Herded out of Iron Cove by our "pilot" tinnies with family, international visitors and champagne on board (thank you Steve, Steve, Rod, Emma and Andrew), we made our way to the Opera House, sprinted back to the Bridge and then cruised on home.



The Guest Girls quad of Rosa, Liz Lester, Bry Cole and Maddy van Ewyk are claiming 4th across the



line. Brian and Guy sprinted ahead in their double (although they were perhaps a little quick off the mark), and a good time was had by all. We even had the excitement of nearly getting run over by a tanker on the way back to Iron Cove. More photos are on the Irc website.

A SIZZLING FUNDRAISER



Many thanks to everyone who contributed to the fund-raising BBQ at Bunnings in January, but especially to Natelle Ball who was the behind the scenes wiz who coordinated from go to whoa. Also, thank you to all the helpers who cooked and sold all those sausages with particular thanks to Nivi

Massarek and Matthew Duly. Unfortunately, we only have photos



Organiser Natelle with Zoe, Nivi, Callum and Andy

Chefs Andy, Callum and Nivi



from one "shift", but many Club members helped out—you know

who you are—so Thank You to everyone who supported this fund-raising initiative. Rumour has it that sales of sausage sandwiches, soft drinks and water, at \$2.50 or less, has returned more than \$1600. We would love Natelle to organise the next BBQ, but sadly for us, medicine calls and she is moving south to become a doctor (maybe Shoalhaven Rowing Club might get a new member/coordinator?) and we wish her well.

CLUB CHAT

FIRST TIME VISITOR



Moana Wa Elliot, Karuna's brand new baby, visited LRC for the first time in mid-January and was beautifully behaved and much cuddled by various Club members. Moana was "blissfully born" on 16 Dec 2011, weighing in at 4.18kg/9lb4oz and 53cm tall. Congratulations to Karuna, proud grandparents David and Jacqui and all Karuna and Moana's family and friends.

PONTOON POSITIONING

In the interests of keeping the pontoon easy to move around and as safe as possible (for people and boats!), we are trialling new positioning for the tinnies and boats, particularly at the entrance to bay 1 and the where the davit is used.

All tinnies, and particularly the tinnies stored in 3, 4 and 5 bays (towards the bridge), should be taken down to the flat part of the staging and left on either side, and not at the entrance to the bays. Kerry is going buy a long hose so that motors can be washed on the flat staging rather than at the entrance to bay 1. Please also be sure you leave enough room between boats and the entrance to the bays when put boats on slings - around 2 metres should leave enough room for people and stairs to move past.

Please give the trial a go for the next month or so and if you have a better suggestion or feedback on the new arrangements, please talk to the Club Captain or Vice Captains.

STEVE ROLL SCULLING SCHOOL

Steve Roll has kindly offered to teach sculling skills to competing Club members and coaches. Steve has been a



Leichhardt member since 1952 and has almost sixty years of sculling skills. Steve has set up a notice board upstairs in the clubhouse with hourly time slots for interested scullers to complete—no more than four people per session please. He will be available from 6am until 3.30pm on Saturdays and 12.30pm on Sundays.

Steve recalls that when he joined LRC in 1952, the club had no sculling boats. The only "single" owned by the club was a cedar hulled, clinker built, dinghy with a slide in it and brass swivels set into the gunwale. It was as wide as the spread of a sculling boat and very very heavy. It had a brass strip screwed along the keel so that it could be dragged along the staging. It leaked profusely and no amount of repairing seemed to correct this problem. It had one advantage - it was **very, very, very, very**, stable. It was in this craft that Steve learned the, self taught, basics of his sculling. Under the guidance of Peter Evatt, Steve went on to win the Australian Singles in 1958.

Steve is offering his services as a sculling skills coach with the aim of all of our scullers learning correct sculling boat skills. He believes the best time to do skills training is very early in your sculling career, whether you start sculling at school or whether you start sculling as a 50 year+ novice master. His charge for this service is your undivided attention and willingness to do what he asks.

An unconventional tutor, Steve's goal is for you to be comfortable in a sculling boat so will be asking you to do things that may appear to have nothing to do with sculling to try and make you comfortable. He will explain as he goes in an attempt to make you understand why you are going to be doing this or that. He suggests that you listen to anything said to one of the group to see if it applies to you, if it does (and it probably will), try to use it.

Steve's final message—relax and enjoy and Miles Make Champions!

REGATTA ROUND-UP

Soggy Sprints



The NSW Sprint Championships were held in December 2011 on a typical soggy day at SIRC. Boats were loaded, trailered, unloaded, loaded and brought home in good spirits despite the weather and highly competitive racing.

Photos, courtesy of Steve Jaques: top to bottom: Loading the trailer for home (David, Rick, Bella & Andrea): Wet Day Sprints (David, Rick, Bella, Andrea, Dimetri, Rory & Kristian) and Kristian Bodell & Brigitte check the trailer link.

NSW State Championships

Congratulations to all the athletes who competed in the NSW State Championships, racing against an exceptionally high quality national field in this Olympics year.



Brigitte Hadley wins her heat in the CWEL1x in a time of 8.30.77. Photo courtesy of Jane Hutchison

A Taste of Taree

A select group of LRC rowers competed the Taree Summer Regatta in January this year. We made a solid showing, and battled the usual extremes of Taree weather from hot & windy to cold & windy to wet & windy. Strong winds on Saturday caused the cancellation of the late afternoon session, and although Sunday started with promise the rains came early and continued throughout the day. It didn't stop our rowers though who brought home 21 medals and 35 placings. Well done all. A taste of

Taree, with more photos on the LRC website.

Thanks to Steve Jaques, Steve Duff, Deanna Fekete and Bob Stone for photos.



TECHNICAL TALK—ARE YOU HYDRATED?

The Importance of Hydration

You have probably all noticed that some colourful laminated charts have appeared in the changing rooms at LRC. These are to help you maintain your hydration levels on a day to day basis and on race days. The chart shows eight different shades of urine colour and three boxes, green, amber and red, beside the chart indicating what the different shades mean. The aim is for everyone to be achieving shades 1, 2 or 3 most of the time. It is normal to have a darker shade of urine first thing in the morning, however if you are hydrating adequately, the rest of the day you should be producing urine close to 1, 2 or 3.

What are the effects of dehydration?

Mild dehydration will give you darker looking urine, headaches and maybe a loss of appetite. Moderate dehydration can cause an increased heart rate, the body's ability to regulate its temperature is impaired and there is reduced muscle and mental function. Severe dehydration leads to muscle cramps, heat exhaustion and circulatory collapse due to reduced blood volume.

How do I prevent dehydration?

Drinking fluids (ideally water) at regular intervals throughout the day will keep you hydrated. Don't wait till you feel thirsty, by this point you are already experiencing a level of dehydration. During training sessions try using a hypotonic or isotonic sports drink. Hypotonic means the concentration of electrolytes and carbohydrate is very low and it is easily absorbed by the body. Isotonic means it is water with electrolytes and carbohydrate in similar concentrations as the human body; as a result it is easily absorbed.

How do I know how much to drink?

As a general rule we calculate the basic fluid requirement, before exercise as 35ml/kg body weight, plus 500ml for losses through skin. This is a

very basic calculation and often underestimates in adults. When calculating amounts required during exercise, and particularly endurance exercise, it is much harder to calculate and weighing yourself pre and post exercise becomes very important.

American College of Sports Medicine states that each individual should try and maintain **no more than a 2% body weight change from your baseline weight**. So for an example a 60kg person should lose no more than 1.2kg, or for a 95kg person no more than 1.9kg.

The best way to try and achieve this is to weigh yourself prior and post training sessions and see if you manage to maintain your fluid intake during these sessions. This is where the pee chart comes in - Look at the colour of your wee if you can – light lemon colour, shades 1, 2 or 3 if possible! (the pee chart is applicable for everyday life too)

If you lose more than the 2%, the body's blood volume decreases, which in turn increases heart rate and can leave you not only more fatigued, but also more susceptible to muscle cramps and dizziness. In the worst cases it can lead to heat exhaustion and heat stroke (body can overheat even in cool temps!). Too much fluid (over hydrating) and you can end up with a very dilute blood concentration where people experience confusion, heart arrhythmias and cramps, but this is rare. Balance is the key.

What should I drink and when?

The table below gives you an idea of what you should be drinking and when, however use this only as a guide, it is based on a 60kg person to a 110kg person. The days leading up to an event are just as important. On these days you should be making sure hydration is adequate and drinking plenty of water.

Pre Event	During Event	Post Event
2-3hrs before event 450ml to 600mls isotonic or hypo-tonic fluids 10-15mins before start 237ml to 300mls as above	Every 30 mins 237ml to 300mls of a sports drink with no more than 8% carbohydrate (isotonic) with electrolytes (sodium, potassium)	Approximately 1300 to 1550 mls for every 1kg in body weight lost (hopefully this won't be more than the 2%). Weighing is really important for calculating fluid requirements!!

Adapted from sportsmedicine.com

Types of Sports Drinks Available and What They are Designed For

TYPE	WHEN TO HAVE	EXAMPLES	CALORIE CONTENT
Hypotonic	Before and during exercise. Great for quick hydration. Provide 2-4g carbohydrate and 50mg sodium per 100ml. This is lower concentration than blood so the fluid is absorbed quickly.	Using powdered solutes and mixing with water to re-quired solution.	Very low. Not for energy replacement or recovery. Only for fluid replacement.
Isotonic	Before and during exercise. Same concentration as normal body fluids so easily absorbed but contains carbohydrate for energy and electrolytes for replacing what has been lost in sweat. Provides 6-8g carbohydrate and 46-69mg sodium/100ml.	Lucozade Body Fuel Drink 600ml. 1x 39g sachet of Lucozade Fuel Focus Powder* made up with 500ml water Powerade Mountain Blast Isotonic Sports Drink 600ml	Moderate calories. Lucozade body fuel drink and sachet of fuel focus are 28cals/100ml *there is added caffeine!! Powerade 32cals/100ml (191 per bottle)
Hypertonic	For recovery only! If you take this during exercise it may give you diarrhoea. The concentration of sugars and electrolytes is much higher than the body's concentration . Provides >10g carbs/100ml. Consuming this whilst exercising can cause a fluid shift from the blood stream to the bowel causing osmotic diarrhoea. <i>Gels can have the same effect – endurance athletes often drink water after consuming a gel to try and prevent osmotic diarrhoea.</i>	Lucozade Original Powerade Original Gatorade Original	High calorie content 380ml, 70cals/100ml Approx 266cals per bottle.

Other Things to be aware of

Caffeine - Be aware of Lucozade Alert Plus and the 'energy shots' you can buy – these tend to just be very high in caffeine and not any energy. Other sports drinks now contain caffeine also. In some cases it can be useful but be aware caffeine increases heart and respiration rate, thus increasing energy expenditure, not to mention having a diuretic effect (causes you to pee) dehydrating you.

Vitamins or Supplements – Can cause urine colour to be almost fluorescent in appearance. The pee chart is not applicable to individuals taking vitamins or supplements. Monitoring weight changes is therefore key.

Foods – Asparagus most people know causes a green tinge to urine and a strong aroma. Be aware that foods containing betacyanin such as beetroot, rhubarb and blackberries can give urine a pink or even red appearance. Broad beans and aloe products can give a brown colour to urine, and food dyes, if consumed in large quantities can change the colour of urine.

Article courtesy of Kat Collings, Research Dietitian at The Gut Foundation

For more information, contact The Gut Foundation Tel: 9382 2758

www.gutfoundation.com.au or Katherine@gutfoundation.com.au

AM I HYDRATED?

1

2

3

4

5

6

7

8

Target colour is 1, 2 or 3. If your urine matches these colours, you are hydrated

Colours 4 & 5 indicate mild dehydration

Colours 6, 7 & 8 indicate dehydration

The Effect of Body Water Loss on Performance

Dehydration - A loss of 2% or more of body weight can cause impaired performance and a reduced capacity for muscular work (eg; for a 65kg person, 2% = 1.3kg).

Severe Dehydration - Loss of 6% or more of body weight can cause heat exhaustion, hallucinations, and circulatory collapse.

Monitor weight and urine colour, particularly on race day. A reduction in body weight >2% in a 24 hr period indicates dehydration. Don't wait till you are thirsty to hydrate!

Be aware some vitamin supplements and foods (asparagus) can alter colour and smell of urine



Boat Usage Policy 2012

This policy has been updated to reflect the circumstances current in the club in January 2012. The policy will continue to be refined according to need and general circumstance.

This Boat Usage Policy updates previous versions, and is effective immediately.

PURPOSE:

The LRC committee reconfirms the club's commitment to providing an appropriate, competitive fleet for our rowers in elite, grade and age competitions, with particular focus on potential for state and national championships, and representative rowing.

An inherent part of rowing is maintaining the fleet and other equipment. Some boats in the fleet can be used by any member of the club; some boats can be used by only a few members of the club, and in particular circumstances. Access to any of the club's boats is contingent upon an understanding that the rower will care for and maintain the boat to an appropriate standard, including racing standard. We want to maintain the highest standards of boats, care for them and prevent damage and deterioration.

Club members are reminded that access to any boat is a privilege and carries the understanding that the rowers will comply with all club directives on use including:

- restrictions on boat usage and weight
- correct and careful handling
- safe navigation and
- maintenance and care.

All members of the club are expected to comply with the policy. All coaches in the club are expected to comply with the spirit of this policy when selecting boats for their squads.

Boat allocation for regattas

This policy does not relate to boat allocation for racing. That will continue to be done by the Club Captains.

BOAT CATEGORIES:

The boat fleet is categorised into the colour system of Black, Red, Amber and Green.

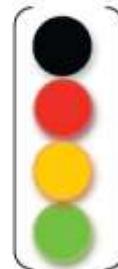
Members have access to boats in their allocated category and those lower, subject to the weight restriction of the particular boat.

Access to Black boats is solely at the discretion of the Captain.

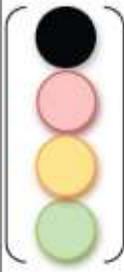
Boat weight restrictions

The average crew weight should be within 10% of the noted weight. For example, the average weight of a crew in a 70kg boat should be within 7kg of 70kg.

See page 2 for category definitions, and page 4 for the list of boats by category.



Black boat use

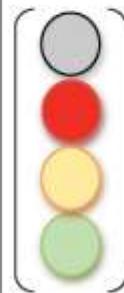


Access to Black boats, the club's premier fleet, for training is limited to keep these boats in their best condition for championship regattas.

Members must have prior approval from the Captain to row in Black boats. Access to boats in this category is at the sole discretion of the Captain.

The Captain will consider identified goals, training programs and demonstrated care of LRC boats when approving training in Black boats.

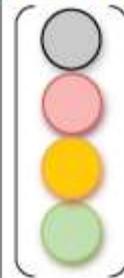
Red boat use



For rowers in proven competitive crews.

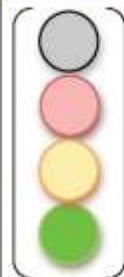
Other circumstances are at the Captain's discretion, on application in writing to the Captain.

Amber boat use



Rowers who are LRC financial competing members, and registered with Rowing NSW as a competing club rower and, for example, scratch crews.

Green boat use



All financial LRC club members, including non-competing associate members (eg social rowers).

Syndicate and private boats

Syndicate boats may be available for club use for training and/or regattas.

Private boats are for the exclusive use of the owners: (4x/-) Aurore, Prestissimo; (2x/-) Da'va, Rick Turner.

All the singles in bay 5 (Haberfield) are private and are not available for general club use.

Boats 'Not In Use':

If a 'Not In Use' sign is placed on a boat, that boat **must not be used by any person**.

From time to time it may be necessary to rest boats or completely prohibit their use, perhaps because they are undergoing maintenance or repairs.

Inclusion in a higher category:

Coaches and rowers may apply in writing to the Captain to be considered for inclusion in a higher category or for the use of a particular boat for training purposes.

A discussion on the pontoon before training is not the appropriate time to request access to boats in a higher category.

Your written request must briefly state why you believe you should be in a higher category and why the change would be within the scope of the Committee's purpose in restricting boat usage.

Requests to use Black boats:

A written request to the Captain to use Black boats for training must contain the following information:

- the rower and/or crew and the boat/s requested
- an overview of the rower's/crews' regatta results, time trial and/or erg times, commitment to the program, which championship regatta they are seeking to compete in, and their racing goals
- whether the rower/crew has previously been involved in an incident dealt with under the LRC Accident Policy or other relevant information
- the rower/crew's demonstrated attention to maintaining boats, and any other relevant considerations.

Please note:

- The request and any approval must be in writing and before the boats are used.
- Black boats will be subject to limited use, and to demonstrated attention to maintenance of the boat.

Booking boats:

In general, members are not entitled to book a boat for their exclusive use – any member may book a boat no more than 4 times a week. Any additional use is at the Captain's discretion, and on application to the Captain.

Some boats are in particularly high demand and may be subject to more restricted use so that more members have access to them.

Mixed category crews:

A crew may only take a boat in a category if more than half the members are in that category.

Regatta boat allocations:

This policy does not relate to boat allocation for racing.

Boats for regattas will continue to be allocated by the Captain, typically on the basis of the boat availability and suitability to each crew.

Members are required to accept and observe the boat allocation directions of the Club Captain or Vice-Captains, including for regattas. During a regatta is not the time to query boat allocation decisions. The Club Captain will be pleased to discuss the allocation rationale at a time away from the pressures of a regatta.

Anne Parbury
Club Captain
January 2012

LRC fleet January 2012

To be updated as required

Categories / Class	Boat	Boat type (& cox position)	Boat weight
Black	Peter Trives	8+	75
Black	Genesis (syndicate)	8+	75
Red	Richard Stanistreet	8+	80
Red	Bill Monaghan	8+	80
Green	Barry Moynahan	8+	80
Green	Steve Jaques	8+	80
Green	Robert Stone II	8+	90+
Black	Griffin (syndicate)	4x/+	90
Black	David Rosenfeld (syndicate)	4x/4-	75
Black	Wade Hewett	4x /4-	70
Red	Premiers 2009	4x /4- /4+ (b)	70
Red	Premiers 2007	4x /4- /4+ (b)	75
Red	Rod Moynahan	4x/ 4-	90
Red	Steve Roll	4x /4- /4+ (b)	90
Red	Kevin Bond	4x	90+
Green	Michael Bath	4x /4- /4+ (s)	75
Green	Mick Lowrey	4x	85
Green	Neil McCallum	4x	85
Green	Fullerton	4x /4- /4+ (b)	90
Green	The Moynahans	4x	90
Black	LRC Masters	2-/x	80
Black	Ted Curtain IV	2-/x	80
Red	Miss Leichhardt	2x	60
Red	Frances McNamara	2-/x	80
Red	Rod Richardson	2-/x	80
Red	LUER	2-/x	85
Amber	Williamson	2x/-	70
Green	The Rusty	2x	70
Green	MaryPamJan	2x/-	75
Green	Jim Hayes	2-	80
Green	Old Oarsman II	2x/-	95
Black	LRC Juniors	1x	60
Black	LRC Corporates	1x	70
Black	Tim Tindale	1x	70
Black	Lionel Robberds	1x	80
Red	Hermes	1x	65
Red	David Morrissey	1x	70
Red	Kim Eddy	1x	85
Red	Tim Clare	1x	85
Red	Alan Flint	1x	90
Green	Michael Bath	1x	65
Green	120 Years	1x	75
Green	Bright Waters	1x	75
Green	Shorty	1x	75
Green	Balcony Boyz	1x	80
Green	BondyBaker	1x	80
Green	Rod Richardson	1x	80
Green	Bill Monaghan	1x	80
Green	Lazarou	1x	80
Green	Ross Ullo	1x	85



LRC Competition Policy 2012

This 2012 Competition Policy updates the the LRC Competition Policy 2011 released and implemented in May 2011, and creates an Advisory Group to replace the Selection Panel.

The aim of this update is to take the club through the second major part of the 2011–12 rowing season by providing a broad framework for LRC members as they work towards the principal regattas. These are the NSW state championships in mid-February, the Trickett Regatta at the end of March, and the NSW and Australian masters championships in May.

Goal

For Leichhardt members of similar ability and commitment to form crews which provide a maximum number of members an opportunity to be boated and coached in training, thence entered in regattas with the intent of achieving results in racing which:

- place the club in the top 50% of entries
- win the Rowing NSW Club Premiership.

Objectives

- To promote and encourage crews being formed in eights, fours and quads as the primary boats.
- To support training programs that dedicate a minimum 70% of on water training time to primary boats.
- To encourage small boat training in singles, doubles or pairs only as a member's secondary or tertiary boat which shall consume not more than 20% of on training water time.
- To prioritise race entries in primary boats.
- To allow multiple entries for a member in a regatta only when a top six or better finish is likely.
- To support entries in interstate and national events for crews and scullers who have achieved results in lead up regattas that demonstrate the potential to qualify for the A final in their class of boat.
- To promote participation in national and state selection time trials and events, including camps, when a crew or sculler consistently demonstrates results in training and racing that would place a member in the top 110%; when 100% is equal to the total team members when selections are made (ie in the next 10% after selections are made).

Delivery

To support the goal and deliver the objectives of the Competition Policy 2012, coordination of coaching services will be the responsibility of the Captain with the support of an Advisory Group.

Advisory Group

The Advisory Group will be established by and report to the Captain.

The role of the Advisory Group is to support and advise, in consultation with the Captain, the on-water operations of coaching services to meet the Competition Policy objectives. The role may include assisting and supporting the coaches as well as helping members.

Anne Parbury
Captain
January 2012