



Easy Oar

Newsletter of the Leichhardt Rowing Club
Issue 35
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MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL OUR MEMBERS, FAMILIES AND FRIENDS

Our Christmas Party, attended by 150 members and families, was a big hit with everyone and is being described as “the best LRC party ever”. A huge vote of thanks goes to Steve Duff and his Committee including Santa who made an appearance during the evening to run the Team Games. Also thanks to Rex, Steve Roll and Kerry, the decorations elves, the prizes elves, the fundraising reindeer and the catering elves, to name just a few who help make the night a success and help raise over \$16,000 towards buying a new boat. The night was attended by Bern Story who on behalf of the Leichhardt Union of Old Rowers presented a big cheque for \$5,000. This sum was then matched by Allan Phillips of Race 1, who generously provided a dollar for dollar promise for all funds raised from the evening. The Club will be ordering a new four/quad and pair double as a result of the evening’s efforts and the kind donations of all who attended. *More photos will be on the website in the near future.*

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PRESIDENT'S BLOG



After 3 months as your President, I am pleased to report that your Committee is functioning well whilst still coming to grips with how to embrace the challenge of implementing new initiatives for the benefit of members.

These past weeks have continued to present yet more challenges, the latest being Anne Parbury's decision to stand down from her role as Captain, a decision that Anne did not take lightly but found necessary due to other commitments in her life. Members have witnessed Anne's determination to see things run efficiently around the club with the introduction of many initiatives that seek to improve the information available to members on our web site and make policies of the Club more accessible. Anne has been tireless in her determination to make things better at Leichhardt. The Committee accepted Anne's resignation with regret at its December meeting, recognising her efforts and commitment to the Club. Anne will now return to normal membership responsibilities but has assured the Committee that she will remain available to lend a hand as required to ensure a smooth transition to the new Captain. By now you all know that Steve Duff has been appointed Captain by your Committee. Steve promises to bring a new style of leadership to the Club and we all look forward to the rest of the season under his Captaincy. Congratulations Steve. All the Club needs now is more people to share the workload and I trust you will be swamped with members seeking to assist.

The highly successful Christmas party was one of many events to come as your Committee continues to explore ways to improve the value of Leichhardt membership and increase our fund raising efforts to enable acceleration of equipment purchases. Members will have noticed the new tinny and motors as well as the three Ausrowtec eights recently purchased, plus three sets of Concept oars. The motors were an essential purchase, but the new boats buy is the start of a push to improve the quality of our fleet. It will also assist us to refurbish our older eights and preserve them for Corporate and Learn to Row activities.

On the new boat front it is disappointing to report that our purchase of an ex-Aussie U23 Sykes quad/four has been delayed due to uncertainty on the Rowing Australia front in getting boats shipping back to Australia. But at the time of writing we are

still pushing for a delivery date in December, but that is looking less likely every day. I am looking forward to receiving delivery of the new Sykes and holding a special Boat Christening ceremony early in the New Year. I am also expecting that we will buy two more boats this year and two more every year thereafter for the next 5 years. That expectation though raises the need for our club to raise the bar on our fund raising efforts. We are lucky that Steve Duff has grabbed this challenge with both hands and has plenty of Social activities lined up in the coming months in which members can get involved. I ask all members to remember that bringing your friends and families to these fund raising efforts is how we will add to the fun and fund raising more quickly than just relying on members' attendance only. By all members expanding our reach beyond the membership for these events we all play a bigger role in assisting the Club to buy new equipment.

New Boats Update: After the generous support of LUOR and many members plus the hard work of our Christmas Party committee, the Club is on track to replace the Mick Lowrey in February with a new Race 1 quad/four. This is an exciting purchase for the club made possible with the assistance of Allan Phillips at Race 1 who will be building the boat for us. The Committee has also agreed to purchase a pair double, for delivery in March. This boat will make the sixth boat purchase for season 2012/13, all due to the efforts of our fund raising from the Corporate Regatta and Christmas party. Next year we anticipate more purchases with the ultimate aim of having no boat in the shed older than 20 years old by 2020. Now there's a target!

Another initiative of your Committee has been to meet more regularly and formally with Pymble Ladies College. Both the Club and the School have a history of co-operation; one that led to the construction of our clubhouse nearly 10 years ago. Sometimes it is too easy to forget our beginnings, or new beginnings I think is more apt when it comes to our partnership with Pymble. But this relationship is a very important part of your Committee's work and something that all members need to know about in order to operate at the clubhouse in a way that respects our co-tenancy. Other than training hard to prepare for our racing, what we also share with Pymble is a responsibility for keeping the clubhouse clean and free of risk for all.

Continued...

PRESIDENT'S BLOG (continued)

The big clean up undertaken in October was a major step toward making a difference about the club. I ask that all members continue from this start and accept some accountability for improving the cleanliness of the club at all times – no rubbish lying around, no obstacles on the floor to trip over and no exits blocked with chairs and the like. Another initiative of our meetings with Pymble is that we have agreed to share the cost of expanding the office area. That work is being coordinated by Christiaan Fitzsimon and work is scheduled to get underway in early 2013.

A big thank you to my Committee and our coaches who again have all done their best over and above work and their own rowing or private lives to deliver

services to the membership. It's a tireless job and one made all that more difficult because of the demands I am making on them. Please give your committee and coaches a big hug this Christmas and let them know what you appreciate their efforts – "most of the time"!

As we finish one year it's business as usual at Leichhardt, but I do hope that some of the small changes we are making about the place are being noticed and are being received positively. I wish all members a Merry Christmas; I look forward to seeing you in the New Year at Taree.

Charles Bartlett, Club President

CAPTAIN'S LOG

Well, I hope you all had a good time at this year's Christmas Party, I sure did. It was great to see such a broad cross section of the Club attend. Next time we will squeeze a few more in at the back of the gym. Target = 200. I think the young ones had as much fun as the older members (if not more). A big thank you to the families that came along as well to support their children.

We managed to raise \$16,000 to put towards a new boat. The Committee has already agreed to make up the difference so the new boat should be ordered very soon. Of course on the down side it means the Yellow Bar on the balcony will have to be retired! For those who have rowed in it recently I can hear a load "hurrah". You should start seeing quite a few new boats turning up to dramatically improve the state of our fleet. Through fund raising such as this

event your committee will be working hard to build a fleet we can be proud of.

On this occasion the contributors were:

Leichhardt Union of Old Rowers (LUER)	\$5,000
Allan Phillips (from Race 1)	\$5,000
Lionel Robberds (LRC Patron)	\$1,000
Members' donations on the night	\$3,600
Raffles & Games	\$950
Net profits from ticket sales	\$450

I would like to give a huge thankyou to the Sub Committee for their work in making the event run smoothly. In particular Marilyn Ramage, Paul Hackett, Belinda Brigham, Angela Conry, Dimitri Kastanias, Rex Chadwick and Anna Foley. You don't realise how much work goes on behind the scenes and they all got on with it without a noise. A big thanks as well to all those who stuck around to clean up afterwards.

If you were one of the donors on the night and either did not get a tax deduction form or are still to make your payment please email me as soon as possible. captain@lrc.com.au



CLUB CHAT

CAPTAIN'S LOG (continued)

After being in my new role for 1 week I would like to thank you all for your well wishes. I look forward to helping make this one of the strongest clubs in Australia and winning back the State Club Championship.

Strong can mean many things. Admittedly we don't have many current Olympians but we certainly do have lots of spirit. We are a very large club heavily weighted towards beginners. This puts a lot of strain on our fleet and coaching structure. My aim will be to help create and implement methods for each athlete to achieve their goals within this sport. As well as this I want it to be known as a fun friendly club where members are proud of their association regardless of their rowing level.

I would also like to thank Anne Parbury for her time as captain and work on the committee. She has been a lot of help to me and has offered her continued support.



Merry Christmas

Steven Duff, Club Captain



DIARY DATES



Christmas Day Row 25 December 2012 Meet 5.45am at LRC

What a perfect way to start Christmas Day! A brisk row up the harbour and under the Harbour Bridge to the Opera House. A chaotic 500m sprint. Cake, champagne, rum balls, lollies. And a gentle paddle home to LRC. What else could you possibly want to be doing on Christmas morning? Sign up for the Christmas Day Row on the list on the upstairs noticeboard and turn up on the day—we'll put you in a boat. Be at the shed and **ready to boat and to row at 5.45am** as all crews must get to the Opera House by 6.30 - 6.45am. Santa's Sprint will begin around 7am, and we expect to be back at LRC around 8.15am. Don't forget to wear your Santa hat or reindeer antlers and bring festive trimmings for your boat. See you there—it's on whatever the weather (wet or dry).

Coxing Course with Olympic Cox Saturday, 12 January

The Club has booked Australian Olympic, World Championship and NSW Kings Cup cox Toby Lister to host a coxing course on Saturday 12th January. The course will run from around 11am to 12 noon and will be free of charge to our current and potential coxes. Toby coxed the Men's Eight at the London Olympics and has won the King Cup 3 times. You can't get much better than that! Please confirm by email if you can attend the course immediately – to: captain@lrc.com.au Thanks to Anne Parbury for arranging it.

Check out Toby's comment on the role of cox before the Olympic Men's 8+ : <http://london2012.olympics.com.au/sports/rowing/related-media/media/BEA36370-BB67-11E1-BCF5005056A302E2>

CLUB CHAT

DIARY DATES

Taree Summer Regatta Weekend 18-20 January 2013

The Summer regatta in Taree from 18–20 January is the regatta that really kicks off the racing season. Racing starts on Friday afternoon 18 January, with most events on Saturday 19 and Sunday 20 January. This is a major event for the Club: it is the first main event where members from all levels attend together.

LRC members in the past have traditionally stayed at the Taree Motor Inn and enjoy a club dinner there on the Saturday night. The Taree Motor Inn is located on the Manning River next to the bridge as you come in from Sydney and it is waiting for your reservation.

Other clubs are attempting to book there as well, but we have arranged with Kylie from the Taree Motor Inn to give LRC members preference. Book by phone with Kylie on 02 6552 3511 or go to their website: tareemotorinn.com. Be sure to let her know you are from Leichhardt. The most economical way is to book a room with your family or mates: a room with a double and 2 single beds is \$170 per night (say \$60 per person).

Family and friends are welcome to come to the Club Dinner on Saturday night: cost is \$45/head or \$25 (under 10 years old) It is fully licensed (no BYO). This is the same price as last year.

Steven Duff

Boat Christening Sunday 10 February 2013

The arrival of 3 new eights to Leichhardt gives rise to the need to name them in honour of some of our Club personalities. A Christening ceremony is being planned for Sunday 10 February 2013 - please put the date in your diary. The Christening will most likely be held 1 hour after the conclusion of the Balmain Regatta with drinks and an evening BBQ to follow. It is likely that we will also be Christening the new Sykes quad/four as well as a Ted Hale single. All members families and friend are welcome. Keep a watch in LRC This Week for more information.

Boat Maintenance Day Sunday 13 January 2013 at 9:00am

On the weekend before Taree, a boat maintenance day will be held to ensure we get all the boats going to the Taree regatta in tip top condition. These boats will not be available for rowing on that day and everyone who is racing at Taree is expected to attend. Of course, all other members are welcome to lend a hand. Each of the boats to be worked on will be inspected over the next few weeks and a detailed roster of duties will be prepared for teams to be assigned. Stay tuned for more information. This will be our most productive maintenance day ever and will conclude with a BBQ lunch to celebrate our good work.

All members are reminded that if you are using any boat at Leichhardt and see a repair or fault requiring attention please report it, or ideally fix it.

As part of the ongoing clean-up of the Clubhouse and in line with safety requirements, it's important that we don't have excess equipment or personal belongings left around the shed. In particular, Property Master Charles Bezzina has requested that owners of boat cradles and boat covers (that aren't on boats) please store them at home.

Sydney International Rowing Regatta 18-24 March 2013 at SIRC

This unique rowing regatta will incorporate school, national championships and the international World Rowing Cup competition in one big 7-day rowing festival. This is the first time the Samsung Rowing World Cup has come to the Southern Hemisphere and is a great opportunity to see many Olympic medalists and icons of the sport in action. The Kings Cup and Queens Cup interstate races will also take place during the event, along with Australian Open Rowing Championships and the Australian Open Schools Championships. Around 2000 competitors from over 20 rowing nations are expected to take part in the SIRR.

A draft program of events is now available and tickets can be purchased online via Ticketek or call 132 849. Rowing NSW is also calling for volunteers to assist in running the event.

More information is available at:
www.rowingdownunder.org

CLUB CHAT

J1 Squad



For the past few months I have been one of the coaches for the J1 group, who are currently, but not for much longer, the newest group of juniors at LRC. The squad consists of Amy, Charlotte, Emma, Sophie, Sam, Tommy, Tom, Jake, Jackson and Zak. When it's not too windy we train on the water and have recently been trying some more varied drills including slap catches, short finishes, double finishes and quarter slide pausing.



We have also been doing race pieces in the hope that by the end of the season we will be ready to enter some regattas. On windier mornings you might have noticed this group running up the Glover Street hill, which we do as a warm up before the super circuit, well rather they do – I just stand and exercise my lungs by shouting encouragement. I have been really impressed by their commitment and progress so far and look forward to seeing continued improvement over summer.



A reminder too that there are fitness sessions for the juniors at the club after school and I encourage all who can to come (please speak to Kerry Thorn if you need more information).



The last few sessions, Jessie Bourke has been helping out (pictured left) which is much appreciated, and he took most of these photos from the tinny. Sorry to Tom who is not in any of the pictures.

Rosa Brown—Coach, J1 squad

Coaching Juniors

I have had the pleasure of coaching some of our newest Juniors from Learn To Row through to new Junior members, along with meeting and helping our more experienced J2 group. We have quite a few great “personalities” coming in to our family. I hope as many stay as possible to enrich our membership mix. I have noticed that when all is said and done they just want to beat the other crew. What a great competitive attitude. If you look out each Saturday and Sunday morning from the balcony at about 10am you will see our first timers racing off against each other (Kerry doesn't know – it's a secret). The most fierce competition is between our girls and the boys. The boys have the strength but can't keep their eyes in the boat. The girls have the grace and style. It's the age old battle.

A big thankyou on behalf of Kerry & Frank to those in the Club that have given up their time to help out coaching our youth. I know the rowers appreciate it. Also a big welcome to our newest Junior Coach, Laura; a breath of fresh air.

Looking forward to seeing some of you race at Taree.

Steven Duff—Club Captain and Coach

REGATTA ROUND-UP

Head of the Parramatta



Under cloudy skies, six Leichhardt crews battled the waves and head wind to the start of the Head of the Parramatta course, just beyond Ryde Bridge, before the rollercoaster ride that was this year's Head of the Parramatta race. *Left: Tim Tindale briefs his boys before taking to the water.*

Riverview Gold Cup

The 129th Riverview Gold Cup was held on the notorious Lane Cove river 'dogleg' course on Saturday 1 December. Only three LRC crews of masters rowers competed this year, with one Women's masters crew progressing through the heats to the final. The Rexes crew came second in their heat, making them eligible for the final, but the boat did not start in the final. With a substantial handicap to catch up, the exciting race resulted in a "photo finish" on the line. The race umpire finally declared Sydney University's E age category crew the winners with our crew placing 2nd by just 0.10 seconds, beating a strong University of NSW composite crew by 1.77 seconds. Next year...

Head of the Yarra

On Saturday 24 November, seven LRC crews took on the might of Melbourne's rowers, the twists and turns of it's river, and 34-degree+ temperatures to compete Australia's best-known 8+s race, Head of the Yarra. Thank you to Steve Duff for photographs (on the LRC website), comments and assistance , our wonderful coxswains who navigated the tricky course successfully, and of course our coaches.

involved consuming quite a few glasses of beer. While Yarra Yarra retained the LRC/Yarra Yarra Cup based on performance in the great on-water race, our rowers won the Cup for the evening's "boat race".



The best-performing LRC crew was the men's masters "The Avians" crew (above & right), who placed second in the MME8+ category and 27th overall on unadjusted time, with the women's masters crew stroked by Daniela Borgert the fastest of the LRC women's crews, placing 5th in the WMB-C8+ category and 67th overall on unadjusted time. 179 crews competed in this iconic race, including elite male and female crews stacked with Olympians. Following the official boat race, LRC rowers joined Yarra Yarra Club members for dinner and the "unofficial" boat race, which apparently



REGATTA ROUND-UP

Reindeer Regatta and Sprint Championships

The year finished off with the Reindeer Regatta and the NSW Sprint Championships held on the weekend of 8 and 9 December at SIRC. Fifteen of our juniors raced over the weekend, and we also had competitors in Open, Lightweight, Novice, Grade and Masters events.

At the Reindeer Regatta, competition was fierce with only a handful of medals coming home to Leichhardt. Our masters men won the MM8+ final, and the MM4x, Daniela, Kat, Dianne and Deanna won the WC/D4+, Brian Davis won the MM1x and Anne Parbury won the WM1x. A number of crews rowed in scratch combinations due to illness and injury, including a number of pairs. A special mention goes to Thomas Reid and Sebastian Trimbali who came second in the MN2x.

At the NSW Sprint Championships on the Sunday, our masters rowers again performed well in difficult conditions. Sandy Rourke and Janine Lippi won the light-weight category of the WU23/LWT sprint final and were second in the WM2x final after winning their heat. Sandy was also second in WM1x final. Brian Davis and David Hogan won the MM2x, and combined with Tim Tindale and Dean Patterson to come 3rd in the MM4x.

Photos courtesy of Rowing NSW—our juniors (right) and Anne Parbury (below)

