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Rowing ACT E-News: May 2018

Welcome to the new Rowing ACT E-News! We will now be releasing regular updates about all aspects of Rowing ACT, including information about regattas, club achievements, high performance opportunities and more. As a "must read", we encourage you to spread the word - interested readers can sign up [here](#).

This E-News is just one of the new initiatives Rowing ACT will be implementing under the recently released Communications Strategy, which can be found [here](#).

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Training & Regatta Updates



ACT Success at Recent Regattas

(ANUBC), Canberra Rowing Club (CRC), Black Mountain Rowing Club (BMRC) and the Australian Defence Force Rowing Club (ADFRC) bringing home 38 medals across the two days of competition, including 5 Gold, 18 Silver and 15 Bronze. ANUBC took out the medal tally for the whole regatta, bringing home 25 medals. Congratulations to all rowers, coxswains, coaches and supporters who contributed to this incredible performance.

See all results [here](#).



Twenty-nine ACT athletes competed at the **Australian Masters Rowing Championships**, held on 10-13 May in Tasmania. Despite some tricky weather conditions, the ACT athletes pulled some fantastic times and placings. Rowers from ANUBC, BMRC, CRC and ADFRC brought home over 30 medals between them. The ACT Interstate Masters D Grade 4x-crew of Adair Ferguson, Selina Rowland, Kerry Knowler and Dearne Grant raced it out with Victoria, earning a silver medal.

See all results [here](#).

Weekly Training Time Trials

Nick Garratt will be running 2x 5km singles timetrials each Wednesday morning through the winter, starting at 6:10am at the White Poles. If you would like to be involved, message Nick on 0411768700 by Tuesday lunchtime each week.



Winter Time Trial Series

The Winter Time Trial Series is just around the corner, with WTT#1 taking place on 2 - 3 June. Entries for WTT#1 close on 27 May, so make sure you've got your crews sorted before then.

See [Dates to Remember](#) below for a full list of dates of all five Winter Time Trials.

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On Water Safety Guidelines

As it gets colder it is vital that all rowers are aware of the safety requirements for rowing during the colder months. This includes the need for each boat to have a minimum of one light on the bow which can be seen from a distance of 1km. Due to colder water temperatures, we recommend a "four oars" policy - ie. no boat with less than four oars should be going out alone.

A message from Nick Garratt regarding On Water Safety during the Winter

"We've had the first of this winter's dark, foggy mornings already and it reinforced to me a couple of important matters of which we all need to be aware. It is mandatory in all rowing States except the ACT that rowing craft be lit from bow and stern, and visible from a kilometre away. However it's a very rare occurrence to see any local rowing craft out with a stern light, and when a tinny approaches the crew or sculler from directly astern, the rower/s obscure the bow light, thus often rendering the crew impossible to see. A stern light fixes a potential nasty accident.

Additionally, coaches should check that all heel ties are secured, so that in the case of a capsize, the rower is less likely to have their feet trapped. The FISA regulation is that heels should rise by no more than 7cm."

See the Rowing Australia On Water Safety Guidelines [here](#).



Rowing ACT News

New Staff

Sophie Galvin Executive Officer

Sophie grew up in Canberra, and has a Bachelors Degree in Sports Management from the International College of Management, Sydney. Her role as Executive Officer involves both the hands-

Katrina Wiseman HPP Coordinator

Katrina is currently studying a degree in Mathematical Science/Music, and has been coxing and coaching in Canberra since 2011. She will be assisting the High Performance coaches with administration,



Rowing Australia Roadshow 4 June 2018

As part of its tour around Australia, Rowing Australia will be hosting a roadshow in Canberra on Monday 4 June from 6:30 to 8:00pm at Rowing Australia House. The new Rowing Australia CEO, Ian Robson, and key staff will be attending to share information on Rowing Australia initiatives and to hear from the Rowing ACT community on what we see as key opportunities and challenges. Topics covered will be tailored to our concerns, so please send us any questions in advance.

Click [here](#) to register

School Leavers Survey

Calling all current and former school rowers/coxswains aged 16-25. RACT invites you to complete a survey on rowing/coxing in the ACT.

[Current rowers/coxswains aged 16-25](#)

[Former rowers/coxswains aged 16-25](#)

There is only 15 questions (only around 5 minutes to complete) and by responding you gain a chance to win one of three \$50 gift vouchers. Survey closes 31 May 2018.

High Performance



ACT Rowers chosen for National Teams

The Australian Rowing selectors have announced the national teams for 2018, and the ACT has representatives in three categories. Caleb Antill and Luke Letcher have been announced as members of the Quad scull to compete on the World Cup Circuit as part of Australia's Senior A team.

In the Under 21 Team competing in the Trans Tasman series, Alex Grzeskowiak is one of Australia's open weight scullers, while Nathan Kennedy has been selected as a lightweight sculler.

Rowing Australia also announced the Para team to represent at the World Championships in Plovdiv, Bulgaria in September, with Renae Domaschenz and Nikki Ayers selected for the PR3 Mixed Coxed Four. A special mention to Nikki, who is making her international debut within 12 months of taking up the sport.

[Read More Here](#)



ACT Schools Pathways 8+

ACT Schools Pathway 8+ is a joint program between RACT and Rowing Australia to develop young talented rowers. Athletes underwent a selection process outside of their school programs to be selected for a state representative Schoolboy and Schoolgirl 8+ to

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The ACT Schoolgirl 8+ came away with 5th place with a close battle for 3rd-5th, while the ACT Schoolboy 8+ came away with 7th place against some tough competition.

The athletes also had the opportunity to tour the RA Women's NTC, network with athletes from other states and participate in the inaugural ACT versus SA pathway 8+ trivia night.

RACT will be running Pathway Development Camps again for the 2019 event in October so look out for registration later in the year. Our thanks go to Development Coaches Sabina Bertuzzi and Caroline Pijpers for all of their work.

School Boys 8+

Edwin Hur-Thompson (cox) (CGS)
Ben Johnstone (CGS)
Matthew Norton (CGS)
Luca Hehir (CGS)
Jock Campbell (CGS)
Ethan Peters (CGS)
Raphael Priest (CGS)
Henry Ricketts (Daramalan)
Tom Wynn (Daramalan)

School Girls 8+

Alex McDonagh (cox) (CGGS)
Ella Kerr (CGGS)
Bronte Castle (CGGS)
Maddy Bennett (ANU)
Nicola Greenland (Radford)
Harriett Wallace (CGGS)
Anna Khan (CGGS)
Ella Ross (CGGS)
Jessica Brady (ANU)
Ella Smethurst (CGGS)



World University Games Team Selection

Rowing Australia has just announced the Australian Team for the World University Games being held in Shanghai 10-12 August 2018. Both Jilly Roberts & Cara Grzeskowiak from the ACT have been chosen to be a part of the team, with Cara competing in the 1x and Jilly in the LW2x. Rowing ACT High Performance Program Head Coach Nick Garratt will also be the Head Coach of the Australian University Games Team.



Prior to competing in Shanghai, Cara will be heading over to Europe to compete at the Henley Women's Regatta, the Holland Beker Regatta in Amsterdam and the Henley Royal Regatta.

Congratulations to both Jilly and Cara for being selected, and we wish you the best of luck.

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Social Scene



Bubbles with the BROs 2 June 5-7pm

BMRC invites the RACT Community to catch up and to thank our hardworking and dedicated Boat Race Officials (BROs) and to celebrate another great year of rowing. All are welcome! \$10pp (U18 Yrs free) to include nibbles and your first drink. RSVP: vnewman@webone.com.au by 26 May.

Annual Presentation Event

The annual Rowing ACT Presentation Event was held on 8 April to celebrate the success of the 2017/18 season.

Congratulations to all medalists, trophy and pennant winners and a big thankyou to all rowers, coxswains, coaches, BROs, volunteers and supporters who contributed throughout the season.

For a full list of trophy and pennant winners, see our website [here](#).



Hot Shot of the Month!

Hot Shot of the Month!

Each newsletter we will be showing some of the best photos of the past month. This photo was the winning photo from our

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Send your best photos to rowingact@gmail.com to be included next time!

Dates to Remember:

10-13 May: 2018 Australian Masters Rowing Championships

27 May: WTT #1 Entries Close

2-3 June: WTT #1

17 June: WTT #2 Entries Due

23-24 June: WTT #2

15 July: WTT #3 Entries Due

21-22 July: WTT #3

29 July: Head of the Molonglo Entries Due

5 August: Head of the Molonglo

12 August: WTT #4 Entries Due

18-19 August: WTT #4

9 September: WTT #5 Entries Due

15-16 September: WTT #5

See the full calendar [here](#)



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