

RACT E-News: November 2018

[Campaign Preview](#) | [HTML Source](#) | [Plain-Text Email](#) |

[View this email in your browser](#)



NOVEMBER 2018

We encourage interested readers to sign up [here](#) to receive this monthly newsletter automatically.

November Highlights:

[Col Panton & ISRA Results](#) | [Rower of the Year](#) | [CBR Finalists](#)
[Photo Competition: Christmas Theme](#) | [Coaching Development](#)
[Invictus Games](#) | [Hot Shot of the Month](#) | [Dates to Remember](#)

Training & Regatta Updates

Col Panton & Presentations

We had a fantastic start to the season, with over 30 crews competing. The winners of the Panton Memorial Trophy (first crew across the line) were the mixed 4x- from Capital Lakes Rowing Club of Lewis Maden, Richard Quirk, James Gillian, Dylan and Geoff

Lakes Rowing Club of Jennie Yaxley, Richard Swinbourne, Gillian Dingley and Geoff Nichols.

All of the results can be found [here](#).



ISRA

Congratulations to rowers from Canberra Grammar School and Radford who competed at Independent Schools Rowing Championships in Penrith yesterday!

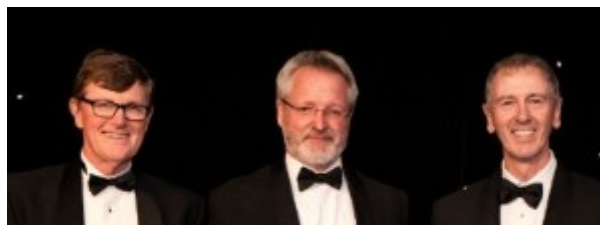
With over 20 schools from all over NSW, the ACT was very well represented with CGS taking out the overall pointscore, and Radford coming in 4th.



Rowing ACT News

Rower of the Year Awards

Congratulations to Nick Garratt, RACT Head Coach, who recently won Pathways Coach of the Year at the Hancock Prospecting Rower of the Year Awards. This past year, Nick has not only coached the RACT High Performance Program, but also been one of the coaches of the Australian University Games Team, and the National U23 Team.





CBR Finalists

The CBR Sports awards ceremony will be taking place 30 November, with three ACT rowers/clubs being named as finalists.

Caleb Antill (ANUBC) is a finalist for Men's Athlete of the Year, and is up against Nick Kyrgios (tennis) and Matthew Floros (cricket).

Nikki Ayers (CLRC) is one of three finalists for the Para Athlete of the Year, the others being Cameron Crombie and Emily Tapp.

Finally, Capital Lakes Rowing Club is a finalist for the Minister for Sport and Recreation Award for Inclusion/

Congratulations to all finalists, and best of luck!



Photo competition: Christmas theme

It's regatta season, which means it's time for our annual photo competition! This season we're making it even easier to enter - simply tag your photos with #rowingact or #actrowing on Instagram or Facebook and you're entered! The winner will be announced at our end-of-season presentations.

For December, we would love to see your Christmas photos! Whether a club Christmas

BBQ, Reindeer themed rowing socks or racing with Santa hats, we want to see it!

Happy snapping!



High Performance

Pathways Eight Program

Nominations for the Pathways 8+ Program are now open.

Open to any students attending Years 10, 11 or 12 in 2019, the aim of the pathway 8+ event is to expose school age rowers and coaches to the next level of rowing. The pathway 8+ program involves them participating in regular development camps, state selection processes and crew experience outside their club/school program.

More information can be found [here](#).



Coaching

CGS Coaching Development Course

CGS will be hosting a series of coaching development courses over the next couple of weeks. If you plan on attending, please email andrew.o'brien@cgs.act.edu.au by Tuesday Midday before the event. Cost to attend is \$5

midday before the event. Cost to attend is \$0

Wednesday 28th November, 7:00 – 9:00pm
Purposeful Training Design

Presenter: Stephen Hadlow and Alex Roberts

Wednesday December 12th, 7:00 – 9:00pm
Coaching Coxswains

Presenter: Andrew O'Brien

Member Protection Information Officer

Rowing ACT is seeking expressions of interest from the rowing community for Member Protection Information Officers. This voluntary role provides information on the rights, responsibilities and options available to an individual making a complaint within sport. They are impartial, and do not mediate or investigate complaints.

If you are interested please email Stuart John at eo@rowingact.org.au to nominate or for more information.

Rowing around Australia

Invictus Games

The recent Invictus Games in Sydney saw two locals pick up indoor rowing golds. Ben Farinazzo won golds in the Men's IR6 Four Minute Endurance and One Minute Sprint events, while Tiff White won gold in the Women's IR6 One Minute Sprint and silver in the IR6 Four Minute Endurance.

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.

Send your best photos to eo@rowingact.org.au or use #rowingact or #actrowing for a chance to feature next month.

Dates to Remember

24 November: Schools Regatta
24 November: National Selection Time Trial
8 December: Daramalan Regatta
15 December: National Selection Time Trial

The full 2018/19 season calendar has been updated [here](#).



Make sure to like us on Facebook and follow us on Instagram!

Contact:

Stuart (Executive Officer)

Email: eo@rowingact.org.au

Phone: 0406 376 666

Katrina (High Performance Program Coordinator)

Email: hp@rowingact.org.au

Phone: 0478 622 342

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [<< Test Email Address >>](#)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Rowing ACT · P.O. Box 7074 · Yarralumla, ACT 2600 · Australia



