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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](#).

**In this Newsletter:**

[Training & Regatta Updates](#)  
[Rowing ACT News](#)  
[Coaching](#)  
[High Performance](#)  
[Volunteering](#)  
[Rowing around Australia](#)  
[Hot Shot of the Month](#)  
[Dates to Remember](#)  
[Board Meeting Minutes](#)  
[Contact Us](#)

## Training & Regatta Updates

### Winter Time Trial Series

Winter Time Trial 2 was held on 23-24 June.  
See the results here: [Saturday Results](#), [Sunday Results](#).

Well done to Jilly Roberts (ANUBC) and Tom Perry (CRC) who were the fastest single scullers. See the point score for the small and big boats here: [WTT3 documents](#).

A big thank you to the BROs for the huge effort they put in over the weekend with the cold weather conditions.

See photos here: [WTT2 Photos](#).

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Image: Rowing ACT, WTT2 Photos, *Facebook*, 23 June 18,

## Rowing ACT News

### Rowing ACT's Annual General Meeting

The Rowing ACT AGM will be held on Wednesday 22 August at 6pm.  
Further details to be announced shortly.

### Rowing ACT Safety Policy

It is essential that all Rowing ACT participants (including rowers, coxswains, coaches, volunteers and supporters) are aware of, and follow, the on water safety policies.

We want to draw your attention to our recently updated [safety policy](#), especially the Winter Rowing Policy, and minimum lighting requirements. As a minimum, all boats must have one all-round **white** light (continuous or flashing at least once per second) visible for at least 1km attached to the **bow** of the boat.

While not compulsory, Rowing ACT also recommends that boats have an additional all-round white or red light (continuous or flashing at least once per second) attached to the stern of the boat to aid visibility and assist other lake users judge the direction of your boat.



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Image: Nick Garrett

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## Federal Head of the Lake Medallion Design Competition

The 2018 Federal Head of the Lake regatta was held in March, attracting over 600 crews. Following a strong interest expressed by the schools that there should be a unique medal to celebrate placings in the regatta, Rowing ACT has launched a medal design competition to encourage participation and engagement with the event.

The design competition will have a first prize of \$500 for the winning entry plus a \$1,000 prize for the Club of the winning entry. Second and third prizes will be \$200 and \$100 respectively. Entries close on **Wednesday 15 August**.

For more information on the competition and how to enter, please click [here](#).

## Coaching

### 2018 National Coaches Conference

Save the date for Rowing Australia's National Coaches Conference, which will be held on 19-21 October 2018 in Melbourne. This conference provides a great opportunity for ACT coaches to join coaches from around Australia and overseas. More information will be announced soon.



Image: Jane Kennedy

### Level 2 coaching course

Rowing ACT will be holding a Level 2 Coaching Accreditation Course later this year. If you are interested in participating in the course please fill in the form [here](#). You will then be emailed directly when further details become available.

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## Rowing Australia launches Level 1 Coaching Course

NOW AVAILABLE ONLINE



### Course benefits

For the first time any coach can gain their Level 1 accreditation at a time that suits them, via a dynamic and interactive online learning environment.

- ✓ Become a nationally recognised and accredited Level 1 rowing coach.
- ✓ Access the full syllabus and assessment online, including useful information and tips from current Senior coaches, video tutorials and imagery.
- ✓ Complete your level one accreditation in four hours online.
- ✓ Choose your own speed, complete in one or multiple sittings online.
- ✓ Accessible to anyone in Australia.  
(New South Wales will have access from 1 July\*)

## High Performance

### 2018 AUSTRALIAN ROWING TEAM – ACT ATHLETES



**CALEB ANTILL**  
ANU BOAT CLUB

**LUKE LETCHER**  
BLACK MOUNTAIN ROWING CLUB

PRINCIPAL PARTNER



HANCOCK PROSPECTING PTY LTD

MAJOR PARTNER



Image: Rowing Australia

## World Cup II & III Results

Australia has had a successful World Cup campaign over the past month, winning a total of 4 Gold, 3 Silver and 2 Bronze over the two regattas.

ACT Rowers Luke Letcher (BMRC) and Caleb Antill (ANUBC) combined with David Watts (SRC) and Alexander Purnell (SUBC) to compete in the Mens Quad. They came 4th and 5th in the A-Finals of each respective regatta, with a tight race to the finish line each time.

Congratulations to everyone on the team for a successful World Cup campaign.

**Cara Grzeskowiak Europe Campaign**

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Image: Kathy Grzeskowiak

Cara (CLRC) has just returned from a successful campaign in Europe. She won the Championship Women's Single at the Henley Women's Regatta, and came 3rd in the Women's Single at the Holland Beker Regatta, before finally competing in the Henley Royal Regatta. Here Cara was beaten by fellow Australian Maddy Edmunds in the heats of the Princess Royal Challenge Cup and made it to the semi final of the Princess Grace Challenge Cup before being beaten by Christiania Roklub (Norway). Fantastic effort Cara!

Cara has now returned back to Australia to train for the World University Games to be held in China in August.

## U21 Trans Tasman Regatta

Alex Grzeskowiak (CLRC) and Nathan Kennedy (ANUBC) both represented Australia in the U21 Trans Tasman Regatta, the first leg of which was held on 28 - 30 June. They both competed and won Gold in the Men's Quad and Men's Eight. Alex also won the Men's Single, while Nathan joined forces with Rohan James (INSERT) to come second in the Lightweight Mens Double. Australia now leads New Zealand 141 to 139.

The U21 squad will compete again at Lake Karapiro, New Zealand at the end of August.



Image: Jane Kennedy

## Volunteering

### Buoy Persons

We are excited to announce that Maxine James and Scott Pagan (CRC) are our new buoyline maintenance team. Thank you to Maxine and Scott!

Rowing ACT would like to acknowledge and thank our retiring buoy boys, Alex and John, who contributed to Rowing ACT for many years.

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Image: Sophie Galvin

## Winter Time Trial Safety Marshal

Rowing ACT relies on a group of Boat Race Officials (BROs) to ensure the safety of competitors, maintain the fairness of racing, and manage the smooth running of regattas for the enjoyment of the wider rowing community. It is important for the ACT rowing community that we maintain a healthy number of trained BROs so that regattas can be safely conducted throughout the summer seasons, and also to lessen the burden on individual BROs. If we do not maintain a healthy number of BROs, then it is possible that regattas could be scaled back or cancelled.

If you are able to assist as a safety marshal for a Winter Time Trial, please email Sophie at [eo@rowingact.org.au](mailto:eo@rowingact.org.au). Your contribution is always greatly appreciated.

## Rowing around Australia

### Rowing Australia's *The Drive*

Rowing Australia has released its newest rowing video channel *The Drive*.

"The first series of videos on this channel focuses on four aspects – Nutrition, Injury Prevention, Strength and Conditioning and Recovery and features expert advice from our National Training Centre Sports Science and Medicine Staff – Bronwen Lundy, Dr Nathan Versey, Phil Cossens and David Young.

We will be building, over time, *The Drive* to become a digital platform where we can share the learnings and expertise in the National Training Centres with the broader rowing community. Towards the end of the year we have a range of more in-depth videos planned that will be directly linked to the Pathway curriculum."

*The Drive* will be rolled out across Instagram, Facebook, Twitter and YouTube. You can view the first episode [here](#).

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## TEMPUR Partnership

Rowing Australia partner TEMPUR are offering the ACT rowing community great deals on prices on a range of TEMPUR products by using the Business Associate Form.

Please download the form here: [TEMPUR Business Associate Form](#), and please forward any orders to [BPlummer@rowingaustralia.com.au](mailto:BPlummer@rowingaustralia.com.au).



## Australian Indoor Rowing Challenge 2018

This year, the Australian Indoor Rowing Challenge will take place on one day only in 2018, **Sunday 28 October** at venues around Australia. Entries open on 1 August 2018. Venue details will be announced shortly.

This year's event will incorporate the same Championship event as the inaugural indoor rowing competition in 2017, as well as the same age categories and medals to be won. Following the Invictus Games on 20-27 October, the Australian Indoor Rowing Challenge is the opportune event for people of all ages and all abilities to enter the competition and challenge themselves.

Further information about costs, age and race categories and previous results click here: [Australian Indoor Rowing Challenge](#).

## Hot Shot of the Month!

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## Hot Shot of the Month

Each newsletter we will be showing some of the best photos of the past month. This image is of Cara Grzeskowiak after one of her wins at Henley Royal Regatta.

Image by Steve McArthur @ Rowing Celebration Regattas.

Send your best photos to [eo@rowingact.org.au](mailto:eo@rowingact.org.au) for a chance to feature next month.

## Dates to Remember:

- 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
- 22 August 6pm: Rowing ACT AGM
- 9 September: WTT #5 Entries Due
- 15-16 September: WTT #5

See the full calendar [here](#)

## Board Meeting Minutes

Each month the minutes from the Rowing ACT Board Meeting are posted on the website.  
You can view them here: [Board Meeting Minutes.](#)

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Image: Nick Garratt



Image: Rowing Australia



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

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