

# Quickcatches

## Y Rowing Centre Newsletter

### Contents this month:

- Christmas function!
- When can I row?
- Coaching notes
- RV Safety Management
- Beginners roster

### Messing around in Boats



**Saturday Dec 5th**

#### 10.00 am start

- ~ a 'meet and greet' day for all rowers connected to Y rowing
- ~ You do not have to be a member
- ~ Just come and jump in a boat with anyone and row.
- ~ Row for fun !
- ~ Mix of age groups
- ~ Race the next boat
- ~ Challenge yourself with a set of techniques
- ~ Learn the names of at least two new rowers
- ~ Have a drink or two and some finger food
- ~ Wear a funny hat or face paint if you wish
- ~ Who can turn a boat in the tightest circle
- ~ RELAX ENJOY THE DAY
- ~ This is not serious rowing

Followed by the club Christmas-break-up function. Please mark your diary!



Ernest H Shepard, (1879-1976),  
Illustrations of Wind in the Willows

from

**Captain**

**Gemma**



### When can I row?

If you are a member you can row whenever you want. Times that others row include – Tuesday at 6pm, Wednesday 10am, Saturday at 7am and 8am and Sunday 8 am. The Saturday sessions are slightly more regimented as they are sessions coached by Harry, the club coach. To get involved with these put your name on the sign up sheet in the appropriate section. If you have a crew – fill in the time your crew (include boat name) will be attending. If you don't have a crew please fill in the section "want to row but don't have a crew" and then from that a crew can be created. To allow sessions to run smoothly please be ready to row 10 min before the session. Also your cooperation is required if you do not have a crew and want to row on Saturday, not every one's needs may be met each week

Non members - A-squad is run on a Wednesday at 6pm and a Sunday at 9am although everyone is welcome to attend these sessions.

### Looking for a regular crew to row with?

Let me know and I will be able to help put you in contact with others who are also looking for a crew.

### Next Committee Meeting

**Thursday November 5th 2009 6.30 pm.** Members are welcome to attend committee meetings as observers. If you wish to have an item discussed, seven days notice in writing is requested.

### Cleaning?

The club is still in need of a cleaner. This is a paid position with weekly hours. Please contact the club if you know anyone interested in taking up the cleaning. email: [yrowingcentre@hotmail.com.au](mailto:yrowingcentre@hotmail.com.au)

### Boat log

The boat log is now located on the pillar between the club room and the entrance to the boatshed - near the ramp. You should see it as you go out to row, so please complete the required details before you row.

### Beginners Roster

You have been rostered on for Beginners Sessions as listed below and it is essential that you are there on that day to help out. If you can't make it, please organise someone to take your place. Please contact Ruth if you have any questions 0432 880 095. Please report to the Club at 9.45 am on the day you are rostered.

#### November 1st 2009

Stephne Clack  
Jenny Whittam  
Clare O'Brien  
Leonie Telford  
Melissa Butler

#### December 6th 2009

Andrea Hovey  
Jenny Brown  
Virginia Consolo  
Sarah Faccioni  
Pat Gay

#### January 9th 2010

Gemma deChernatony  
Beverley Francis  
Sonja Gibson  
Mary Gonzales  
Michelle Gregson  
**Please check noticeboard for further dates**

# Quickcatches

## Rowing Regatta

25<sup>th</sup> October

Enter now!

- on the Mar ibyrnong – entries to Gemma by the 16<sup>th</sup> October

Ladies, fancy trying out your skills against other beginners in this 1000m race? You must be registered with Rowing Victoria and own a zoot suit. Both of these things are easy to do and I can help you do both. If you think this is too early on in the season keep on training with your crew and I can suggest other races when you feel more confident that you will win!!!! *Gemma*

### Please close the door!

Please check that the backdoor (Lakeside Drive exit) is securely closed, especially if you are last to leave. It can be difficult to close if rain has caused some swelling so please double check!

### Safety compliance

In accordance with the Rowing Victoria safety management plan all rowers are now required to fill in the following for each rowing session:

#### BOAT USAGE LOG

The boat log is now to be kept on the wall facing the internal access door near the ramp; as you go into the boat shed.

Please complete this for every rowing session. This includes time, date, mobile phone contact number, crew names, expected time of return.



**Photo:** this is an old photo of mine I dug up from one of our Novice races on the Yarra; probably late 80's. Note regulation oars and singlet uniforms. Those were the days! *Tracey*

### Welcome .....

#### new members!

Welcome to Hilary, Jessie, Judith, Yvonne, Claire, Anna and Pamela. We hope to see you on the water soon!

### Experienced rowers invited....

The club would like to provide new members and beginner rowers with more positive rowing experiences! It would be great to have experienced rowers join in Asquad sessions, so if you would like an extra row or to help out, please turn up to Asquad sessions and "Come and Try" (first Sunday of the month).

## Coaching notes by Harry Fricke, Head Coach

### Rowing Technique

Many of the Y rowing club athletes display a reasonably high degree of technical competence but there is room for improvement in all crews on some points of technique. All would benefit significantly by maintaining constant blade height on the recovery and further developing the speed and subtleties of the hand movements at the catch and finish.

All athletes, sweep-oar and scullers, would benefit from mastering the technique of feathering and squaring the oar without significantly flexing the wrist. This can be done on the water by scullers by rowing 1 hand only on backchocks and watching the oar handle all the time. Sweep-oars can practice one rower at a time or, off the water with an oar, an oar handle or even a rolling pin. The benefits of not dropping the wrists include a cleaner finish as the blade is lifted vertically out of the water before feathering (instead of the wrists dropping but not the oar handle), much better cross-over on the recovery (scullers) and improved blade height control (as the wrists flex to square the blade it is hard to maintain constant blade height). Athletes are encouraged to train in the same boat at least most of the time and optimise the rigging in a particular seat for themselves by constant incremental experimentation. (continued...)

# Quickcatches

## Coaching notes by Harry Fricke, Head Coach (continued) Training Program

All athletes wishing to compete, whether this season or the following one, should make a concerted effort to develop a personal training plan. It doesn't have to be a perfect plan and the athlete is not required to adhere absolutely to it whether they are sick, busy or what, however, little progress will be achieved towards achieving their potential without such a plan.

Athletes who are not training to compete would still be well advised to have a training plan to give themselves objectives to extend their fitness and thus their enjoyment of the sport and the good health it brings. The personal reward of achieving a personal best (longest row, best ergo score etc.) is well worth the investment of time to develop a training plan.

Most athletes appear to be rowing relatively short distances each training session observed. It is worth pushing oneself and doing a big training session from time to time perhaps of the order of 10 to 20km depending on ability. This is satisfying and good training and, after all, Head of the Yarra crews will often have to row 17km, 8.5 racing and 8.5 back to the start.

Remember MILEAGE MAKES CHAMPIONS! (Steve Fairbairn).

### Recommendations

All athletes are advised to make efforts to improve the feathering action so that use of the wrists is minimised.

All athletes are encouraged to develop a training program for themselves. This will benefit them for years into the future as they get more experienced developing their own training programs and observing how they performance responds.

There are some big benefits to writing your own program:

- You know how much time you are prepared to commit so you can tailor your own program,
- No one knows you better than you – you are best positioned to determine how hard you can train,
- Many athletes are more likely to do what they set themselves and if they won't do what they set themselves that tells them something important about their character!
- You get experience at setting programs and seeing what works and what doesn't.

Once you've set some programs for yourself you can start helping others get started,

- When you do well, you can thank yourself for your own athletic performance and self coaching abilities! Setting your own program is very rewarding.

All athletes are encouraged to take every opportunity to train in a 1x (single scull).



### News or information

For more information on any club activity please email (please note updated email address)

[yrowingcentre@hotmail.com](mailto:yrowingcentre@hotmail.com).

For newsletter contributions or information please email editor Tracey on [zygoaus@bigpond.net.au](mailto:zygoaus@bigpond.net.au) .