

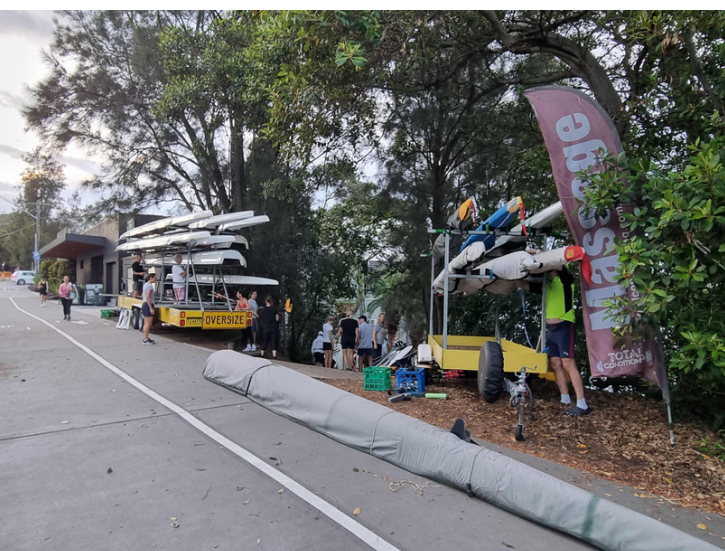


DRC News May 2023



Welcome to our quarterly DRC newsletter! The purpose of this newsletter is to supplement our day-to-day communications and share Club news, events and updates and to connect our community with the breadth of DRC activity happening on and off the water.

Welcome to our Autumn DRC Newsletter



This will be my first entry as Acting President and I would like to start by thanking Kathleen all the work that she has done as President over the last number of years. Everything we do rests on the achievements of others, and I thank Kathleen for the excellent work she has done as well as the thorough handover she provided and her ongoing support.

The Management committee have been working across a range of issues such as safety, financial security, governance – in particular the review of the Constitution, which is overdue and necessary; review of the fleet and ultimately repair of our pontoon and associated staging facilities. This work takes time and energy, and I would like to express my appreciation for the commitment and focus they bring to ensuring we have a safe, secure and sustainable rowing club.



My first event in this role was the Drummoyne Regatta which was a huge success thanks to the organisation of Maggie and the team, the enthusiastic participation of our rowers and the attendance of the Mayor of Canada Bay and local councillors. It was good to have them here to reaffirm the importance of the club as part of the community.

So far it's been a very successful rowing season and is so good to see the enthusiasm of the opens and the experience of the older crews coming together to provide a diverse community sporting facility and this can only be a good thing going forward.

Steve Burke

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DRC in the News!

We were very excited to see our DRC “dynamic duo” in the news recently with the Daily Telegraph featuring a story on Kathleen and Julia’s road to the Virtus Games. See excerpt below.

World record holder Julia Story chasing incredible new feat at Virtus Global Games in Vichy

A dynamic Drummoyne duo are gunning for gold in this year’s Virtus Global games.

THREE world records, 10 gold medals, countless national championship titles. Julia Story is not your average para rower.

The internationally decorated Drummoyne powerhouse has represented Australia five times throughout her successful 20 year rowing career, and this summer she will be taking centre stage yet again at the Global Virtus Games, the world’s premier international competition for athletes with intellectual disabilities.

“I’m very excited. I’m glad I’ve got picked to go represent Australia again,” Story said. Accompanying the 38-year old rowing rocket will be longtime volunteer coach, coxswain (sic), and confidant (sic) Kathleen Hextell, who has been working with Story since 2018.

“We’re really fortunate with the current level of competition here in Australia,” Hextell said. Story will be rowing in the PR3 intellectual impairment classification with 2019 Virtus gold-winning teammates Bronte Marshall (NSW), MacIntyre Russell (QLD), and Aaron Skinner (VIC).

Eligibility for this category relies on athletes having an IQ of less than 75, completing a psychiatric evaluation, drug testing, and receiving a diagnosis of their disability before 21 years old. The fantastic four will be travelling to Vichy, France with its 121-strong Australian cohort, welcoming 1000 athletes from over 50 countries to the prestigious games.

The Virtus Global Games are held in the preceding year to the Paralympics and are considered a stepping stone for sporting success. The June competition will oversee the inclusion of athletes in the autism group for the first time in the event’s history.

Hextell will be coaching and coxing for her second time at the upcoming championship regatta where Story will be rowing a single scull, double and quad.

The water sport fanatic began volunteer coaching Story at the Drummoyne Boat House in 2018 and believes: “it’s not always about winning, it’s about setting a personal best is about achieving something.”

At the 2019 Games held in Brisbane, Story won six gold, one silver, one bronze, and earned two world records. For Hextell, seeing Para rowers like Julia achieve their goals is “what you live for.”

“When I started coaching, I found that this is an amazing way to give back and encourage other people to enjoy the sport that I love,” she said. “Para athletes are no different to the able bodied guys, everybody’s got their own challenges. Some people pick up the sport faster than others.”

Latest News

Kitted and Fitted!

The Club's much-awaited new kit from 776BC arrived, with the unisuits, tanks, baselayers and vests now being proudly worn in competition and on the pontoon.

As always, member feedback is important. We relayed sizing dissatisfaction about the Women's tanks to 776BC. We hope the tank sizing will be resolved in time for the next ordering window in June.

The Club has a small stock of kit on hand, so contact helen.burton@drummoynerowingclub.com.au if you wish to purchase items. More information regarding the next ordering window with 776BC coming soon.



Wendy modelling the Club's new unisuit at Ed Trickett Regatta.

Countdown to Masters State & National Champs

The temperature may be getting cooler but things are definitely heating up on the pontoon with a frenzy of on and off water training indicating the countdown is on for Masters State and National Champs. DRC looks set to have a major presence at this hotly contested regatta and it's exciting to see the level of enthusiasm for training and racing and lots of different crew combinations being put together. With both competitions back at SIRC this year we expect a high number of entries from across Sydney's Clubs.

As always, what we don't win in medals we will aim to win with our world famous DRC Club spirit and sportsmanship! And, it's never too early to start planning for next year! Rowing Australia has announced that the Australian Masters Nationals is back in Tassie at Lake Barrington in 2024. With accommodation nearby in tight supply we strongly recommend you book now. Dates are May 8-11, 2024.

Sadly, Iron Cove Masters was not the ideal final race prep that we hoped for with conditions deteriorating quickly as the morning progressed leading to cancellation of the regatta. Quite a few hardy DRC crews braved the elements and the white caps to secure placings as well as stories of survival. Well done to all!

Learn to Row

The most recent Learn To Row (LTR) cohort have now completed 4 sessions on water. This program is designed to give participants the experience of rowing in quads with more experienced club members steadying the boats in stroke and bow seats. The weather was kind for all sessions. Participants had immediate feedback through videos airdropped straight after the sessions. We are grateful for LTR Coordinators, Rowena and Doug Stewart, who led the program. Details of the next program scheduled for July/August will be posted soon on our website. Email queries can be directed to learntorow@drummoynerowingclub.com.au.

Membership Update

We are delighted to welcome the following new members to the Club who have joined over the last few months.

Masters:

Istvan Nemeth joins DRC from across the bay at UTS.



Membership Update 'cont

Opens:

Carl Hooks recently relocated to Drummoyne from the USA where he rowed in high school and college. We look forward to Carl representing DRC.

Lucy Coren contacted Sarah after hearing about DRC Opens via the commentary at Reindeer and Sprint Regattas. Starting her rowing in the Newcastle region, Lucy is now studying in Sydney and is keen to be part of a community club.

Lachlan Rennie knows current Opens members from school and club rowing as a coach and rower. The Opens program is a good fit for his current juggle of uni, coaching and training.

Charlie Patterson (Coach/cox) joins DRC with an impressive rowing CV both as an athlete and a coach, most recently at SRC.

Welcome to all our new members.

Opens Squad

It's easy to forget that in February 2022 everyone was finding their feet after Covid and the DRC Opens squad was essentially 3 or 4 girls that hadn't raced in several years. 15 months later we are now hitting double digits in both the men's and women's squads, training and racing a men's and women's 8 regularly and aspiring to continually grow and improve. Drummoyne Rowing Club is a trailblazer in this space providing a structured, inclusive squad for rowers aged 18- 30 to continue rowing at a competitive community Club level. The friendships and love of rowing that are evident within the squad is the true measure of success. Thank you for the support and platform to grow this team.

A massive congratulations must go to all the women that have been part of the women's 8 this season. In July many of them had never been in an 8 or rowed sweep, now less than 12 months later they have raced 7 events and remain undefeated. The off season will be focused on improving these big boats further while also spending time honing our skills in small boats.

Indoor Rowing success

At the end of 2022 Bec Giles competed in and won the Women's 29-39 2000m event at the Australian Indoor Championships which also qualified her for the World Championships. On the 26 Feb Bec competed virtually at the World Indoor Rowing Championships in the 23- 39 Year old category, where she surpassed her target time to achieve a PB of 7.12 and finish 6th (1st in Australia and Oceania). Congratulations Bec!

Opens Novice News

While many of our opens are returning to rowing after several years hiatus, several are new to rowing or have never raced before. Some notable achievements from our novices in the recent Iron Cove Regattas include.

- Bec had her 1st win in N1x at Leichhardt
- Nate and Matt both had their first singles races
- Jack and Nate picked up their 1st win in novice 2x
- Another highlight was Mac and Dave teaming up with Andrew and Kai for an exciting and convincing win in the D4+



March Milestone

In March the Opens hit an exciting and long-awaited milestone- a men's 8+. The maiden outing was particularly special with Para Rower Kai stepping out as part of the crew, as well as newly appointed President and long-time member Steve Burke. Since this maiden outing we have continued to regularly see a men's open 8 on the water with the goal of a men's 8+ for Yarra and Head Season this year.



Edward Trickett Regatta

The NSW Grade Championships showcased the journey and achievements of the last 15 months better than we could have anticipated. While it was the target event for the opens and we hoped to do well it was unknown how the squad would shape up against other clubs and universities from around NSW and ACT.

Disappointingly, severe wind gusts saw the second day of finals cancelled but of our 5 Target events that went ahead we finished on the podium in 4.

Saturday saw all members of the open squad take at least 1 medal home-

- Women's D 8+ - Gold
- Women's D 2x - Gold and Silver
- Men's D 4+- Bronze
- Men's C8+- Bronze



In spectacular form the boys with the help of Andrew Patterson took an unexpected bronze medal in the Men's C 8+. This was the debut race for the Open men's 8, which included 4 Novice rowers. We didn't have particular expectations for the D8+ but to come away with a medal in the C was absolutely phenomenal and filled the boys with confidence for the D8+ to follow.

Sunday got off to a great start with a win in the Women's C 8+ and several crews qualifying for finals which unfortunately were not able to race and left us asking what would have been.

Sunday results:

- Women's C 8+- Gold
- Women's D4x- 1st and 2nd in Heats
- Men's D 2x- 2 Crews in the Final
- Men's D 8+ Final
- Women's D 4+ 2 crews in the final



DRC were placed well to come away with at least 1 medal (if not more) in each of these finals.

Along with outstanding results from the Para squad and Nick's 1x podium Drummoyne finished an incredible 2nd on the point score for the regatta, behind powerhouse UTS. The club morale of all rowers representing the club was electric with many members of the greater community commenting on the strength of Drummoyne.

Coming off Trickett with such strong results and unfinished business, the squad has not missed a beat and the energy at training continues to build momentum into the off season with everyone keen to make gains over winter and come back even better next season.

Sarah Ellis, Coach DRC Opens Squad.



Para Squad

Our Para squad continues to go from strength to strength in both para and able bodied rowing. As I often say, 'it takes a community' and these last few months are a real testament to that.

NSW State Championships in February was a tough regatta with incredibly strong competition as always, being a selection regatta for Rowing NSW and Rowing Australia. Both Stephanie Walker and Julia Story approached the Championship with tenacity and their results are testament to their training and commitment. We saw Steph post a personal best in the PR3 women's single; while this was a great result, it didn't allow her to go through to the upcoming Global Games scheduled for June this year in Vichy, France.

Julia who as a number of commentators have mentioned at recent regattas, raced her first international championships for Australia in 2003; so 20 years ago, used all of her experience to come 4th in the final of the PR3 W1x which qualified her for the PR3 W1x NSW State representative at the Australian National Championships; it also qualified her to once again represent Australia; this time in the upcoming 2023 Global Games.

The NSW State Championships also saw a couple of milestones for our newest rower Kai who went through his Para Classification for Para rowing and competed in his first ever 2000m race alongside Julia, Mac Russel (UQLD), Steph and our very own Lizzi Chapman as coxswain. The crew came third across the line in a close race between silver and bronze.

The Australian National Championships (ARC) were held at Champions Lakes (WA) this year, the first time since 2012 that they have been held in WA. With the distance and associated costs, it was just Julia who went across this year competing in the PR3W1x, PR3Mix2x, PR3 Mix4+ and Interstate PR3W1x.



Julia, Mac, Kai, Steph and Lizzi on the start at the NSW State Championships.



With the weather a constant battle (45 degree cross head wind), keeping on course was a struggle for even the elite crews. We are incredibly proud of Julia's achievements at the ARC this year coming home with:

- Bronze PR3 Mix2x with Mac Russel (UQ)
- Bronze Interstate PR3W1x
- Gold in the PR3 Mix4+ with Mac Russel (UQ), Aaron Skinner (Nestle), Kayley Mitchel (Centenary) and coxed by me.

We are starting to train already for next season, and with the ARC back in Sydney anticipate a greater participation again.

The Edward Trickett regatta, as Sarah has mentioned in her update, was an amazing event for the Club and everyone who has rowed with any of the Opens or para groups should be incredibly proud of the hard work that has been put into these squads. Both Steph and Julia competed in the PR31x, Steph over 2000m and Julia over 1000m. Steph then got her own back on me in the Para 2x where she managed to splash me to within soaking by the 500m into the 2000m race. It was a great row though where we won Gold in the Women's Para2x.

Julia then took on the able bodied rowers, and her fellow Australian team mate in the Women's D1x. One of the final races of the regatta, it was one of the most memorable and definitely a highlight of the season. To watch Julia race so hard to win bronze was only surpassed by fellow coach Sarah Ellis riding beside me for the last 300m after cheering the Open girls win Gold in the 8+ who were all on the podium, with the Open boys who had just been cheering on the girls, all stop and cheer with enormous passion for Julia.

What's Kai up to? Well it is almost 12 months since Kai first came to the club to sit on the erg and do some technique before we finally got him on the water for the first time on 6th June. In the last 12 months Kai has improved incredibly, has won races (thanks to Mac and Dave from the Opens and Andrew), and caught the biggest crab while at rate 32 with the Open boys in an 8+. Kai has now moved to Ashfield so he can be closer to training, and winter is definitely set to be a strong one with plans to learn to scull as well as small boats. We are incredibly happy to have Will Clifton rowing again, hitting the water a couple of times a week, and he hasn't missed a beat picking up his technique where he left off a couple of years ago.

Yes, Ruby Sutherland is still with us and makes an appearance every once in a while.

The 2023 Global Games are just around the corner, and we thank everyone who has contributed to Julia's fundraising efforts. As many of you saw on the weekend, we had the AUS team train out of the Club and thank everyone for being so friendly, welcoming and inclusive. We especially thank Will Caldwell at PLC for the use of one of their coxed quads which allowed the team to combine so well over the three days of camp. There were definitely some tired bodies at the end of the camp.

Kathleen Hextell, Coach DRC Para Squad



Upcoming Date



Special General Meeting - Sunday May 28 9am in DRC Gym. To vote on adoption of proposed Constitution draft.