



DRC News

August
2022



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.

Latest News

Strategic Plan Update:

Thank you to those members who provided feedback to the draft 2022 – 2027 Strategic Plan. The Committee has reviewed the comments and suggestions and the plan has been updated with consideration of the feedback. We had planned an additional member presentation if required, however, with most of the feedback being in line with and agreed by the Committee we are now working on the final document. This, along with supporting committee structure, will be sent out with all of the AGM documents in the next few weeks and its acceptance will be voted on by members at this year's meeting.

“Community FUNDAY”

For the second year we were involved in the Canada Bay Community Fun Day which was held on 12th June. Armed with little more than a few ergs, Gabriel, Anthony and Oscar, who were ably supported by Julia, Steph and Ruby created a friendly, high energy presence for DRC, helping build our connections with the local community. From the SES mascot to Canada Bay Councillors, the energy to recruit people onto the erg for the “1 min Challenge” by Gabriel especially was infectious. Events like these go a long way to keep our positive profile in the community.



Head of the Yarra 2022

For the first time ever, DRC has entered 7 crews of 2 Mixed masters, 2 Womens Masters, 1 Mens Masters, a Mens C-Grade and Womens C-Grade. To have 7 eights representing DRC is incredibly exciting, especially given we are drawing on a broad representation of our members. We are particularly thrilled that our C-Grade Womens crew comprises our ‘Junior’ members and our C-Grade Mens crew a mix of young and not so young members. Boats will present a challenge and our Captains are working on possible options to borrow/ hire boats for the race and lead up races.

Committee Changes

Unfortunately, both Anthony Haworth and Wills Lewis stood down from the Committee earlier this month. This led to a casual vacancy in the Treasurer role, and we thank Kitrina Shanahan and Stuart Fredrickson for stepping forward to fill this vacancy through to the AGM. Anthony's General Committee member role will remain vacant till then.



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Captains Update

Winter is an interesting time for rowers. Should I concentrate on technique, aerobic fitness, strength or boat speed?

The answer is all of them.

This is the time when we clock out the long km's at low rate focussing on technique and seeking boat speed. The gym sessions focussing on strength and ergs allow us to build our power, aerobic capacity and resilience.

An important factor in all this is setting goals for the season and now is the time to do that. Make sure they are realistic and use these goals to base your training around.

Once you have all this, get help in writing a program and stick to it. The program is the most important factor in helping you achieve your goals.

Fleet Update

The Graham Wearne 4X/-, Pollard and Andrews 2X/- are well into their refurbishment. These boats will be back in the shed in the week starting 8th August. We have scheduled some sessions on the weekend following to fit the boats out. If you are likely to be rowing in these boats it would be great for you to help out by putting them together. 7am - 11am 13th and 14th August.

Our new boats are on the way. We have ordered a mid weight 4X/-, a lightweight 2X/- and a mid weight 2X/-. The weight reference is the average weight of the rowers the boat is designed for, not the weight of the boat. All boats should be on weight meaning that the 4X will be 50kg and the 2X's, 27kg.

These boats are expected to arrive in late August so we are expecting delivery to the Club in early September.

Fleet Management

We have been working on a number of initiatives to continue to improve our fleet management and utilisation. More detailed communications will follow over the next week but these include an updated and simplified boat allocation policy; a DRC Fleet Guide to help members better understand the boats available and select boats best suited to them and a "Captains Test" to ensure there is a common understanding amongst members of boat handling best practice and DRC protocols on and off the water. We have also scheduled two boat maintenance days for 2022 - see dates below. A Rigging Basics Session is also on our agenda. Stay tuned

COVID

As we are seeing a dramatic spike in cases of COVID we need to remain vigilant. The DRC Safety Committee and the DRC Management Committee recommend that members wear masks in any situation where we are in close proximity to others or in the indoor parts of the club.

The Safety have pulled together the following guidelines in conjunction with the NSW Health Guidelines:

- NSW Health Public Health Order on mask wearing stipulates that 'If you are over the age of 12 years and are a household or close contact of someone who has tested positive to COVID-19 you must wear a mask when you are in an indoor setting that is not your own home' ie the shed, gym (unless exercising) and kitchen area
- DRC Management Committee strongly recommends that face masks are worn in areas of the club that get congested eg at the back of the shed where we tend to congregate or where its hard to socially distance eg kitchen area and having a chat at the table
- Oar handles need to be washed with soapy water - sweep and sculling
- Clean gym equipment after use with the surface wipes available. Using the same cloth to wipe off spray/wipe products does not work! The Safety Committee is investigating more Eco friendly surface wipes
- Practice good hand hygiene by using soap and water or hand sanitiser before and after touching high contact surfaces and before you leave the shed to have a coffee!
- Anyone 30 years and older is eligible for an additional booster or fourth dose.



Member Update

We are delighted to welcome the following new members to the Club who have joined over the last few months. We're particularly thrilled to see our Junior squad building and this will continue to be a focus for member acquisition. There are a number of additional juniors who have registered interest in our program and we hope they will become part of our growing DRC Junior Squad.

Seniors

Andrew Patterson
Shawn Seo
Kristen Privett
Jack Park
Paul Ashley (para)

Juniors

Alistair Symonds
Lily Smith
Alessandra McClusky-Voight
Bec Giles
Kai Sakakibara (para)



Membership Sub Committee

The Membership Sub Committee is growing along with an expanded agenda of initiatives and responsibility. Big thanks to Bridget, Rowena and Ben who have joined Greg, Katrina and Helen. We will be working together on a broad range of activity that includes Club communications; member onboarding and resources; managing membership enquiries from existing and prospective members; social events; coordination of our Learn to Row program and our annual member survey. An additional focus for us over the coming months will be the Club kit including zootie and other pieces of clothing/merchandise. Our aim is to finalise a range and supplier(s) and create an easy ordering system for all members. We will be seeking member input as we progress.

You may have noticed we have simplified the **Club Documents** tab on the website. Members will now see four sub folders under Club Documents which should make navigation more streamlined. The new **Member Resources** sub folder is designed to be the go-to page for current members, containing the Constitution, current Annual Report, Survey Results, most recent AGM Minutes, FOB application and Handbook.

The Member Handbook is currently being updated and will be ready to share next week. (Week beginning 8th August).

Note there is a new contact email for member queries that will do directly to all members of the Membership Sub Committee. Please use this for correspondence regarding fob keys, change in membership status, any other membership questions, memberships@drummoynerowingclub.com.au



Junior Squad

The DRC Junior squad is gaining momentum and taking shape nicely, fulfilling its mission of being purposeful and high quality with flexibility, friendships and lots of fun.

Regatta News

It was 3rd time lucky for the Juniors after 2 regattas we entered were cancelled. 6 juniors took to the water at the Balmain JB Sharp; for most, this was the first time racing in several years. Despite some cobwebs and ordinary conditions the team raced really well and from 6 races finished with 3 wins and 2 very close seconds- with all coming away with at least 1 win! Couldn't ask for much more! Congratulations especially to Alistair who won his novice single in convincing form then backed up straight away for the wild handicap event where he finished in the middle of the pack.

Results:

Women's I4x - 1st

Men's N1x- 1st

Women's O2x- 1st and 2nd

Women's O4x- 2nd



(Editor's note: And big congrats to the junior squad for backing up at last weekend's LRC JB Sharp with more standout results!)

The momentum over the winter months has seen the exciting pipe dream of having a Junior 8 at Yarra come to fruition, with DRC juniors entering a strong women's C grade 8+ at this year's Head of the Yarra. This gives the squad something to focus on and a weekend away to look forward to, (the boys have promised green and gold cheerleading outfits and pom poms!)

You can follow what we are up to on instagram @drc_juniors

If you know of anyone aged 18- 30ish that would like to be involved please get them to contact sarahemmaellis85@gmail.com for details.

24 Hour Row!! Get involved!!

DRC Juniors are going the distance for Mental Health! On September 10 & 11 we will be participating in the "24 hour row for mental fitness" a 24 hour erg relay raising awareness and funds for mental health support and suicide prevention. We are inviting all Drummoyne rowers past and present, their friends, colleagues and families to join us for a 30min stint (or a few) on the erg and/ or make a donation to help reach our fund-raising goal of \$5k for this important cause. Hopefully we can get lots of members new and old to get behind this and make it a great event with an oarsome atmosphere- and perfect for some Yarra training!

More information can be found here: <https://24hourrow.com.au/>

To donate to the Drummoyne team click here (share this link far and wide) : <https://24hourrow.com.au/drummoynerowingclub>

To sign up for a shift or 2 in the challenge click here: https://docs.google.com/spreadsheets/d/1y9Dlc-Ve86fBle_Fwx8sx64IfyojwnvNC-Kjx-m2StY/edit?usp=drivesdk



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Para Update

Following on from the brilliant results both on and off the water in the 2021/ 22 season our para squad have been in full winter training with long technical rows, long base fitness ergs with sights set on the coming season. In addition to the standard regatta calendar:

Julia and Steph have nominated for the Australian team competing at the Virtus Oceania Asia Games which will be held in Brisbane 5 – 11th November OA Games 2022 - Sport Inclusion Australia

Ruby is focusing on her indoor rowing which fits into her legal studies and will be back on the water in the future.

We have two new rowers in Kai S and Paul Ashley. Paul is a PR2 rower who has been doing ergs with us on a Tuesday evening and as soon as the weather gets a little warmer the plan is to get Paul on the water with a view to compete in early 2023. Kai started rowing in May and has made amazing progress in learning both rowing and the club community. Both Kai and Paul have their focus firmly set on small goals in a path to competing at local, state and national regattas this season.

We continue to be amazed by their resilience, tenacity and the trust they put in us as coaches, crew and friends.



Learn To Row

It is our aim to run three LTR programs per year. Each program runs for six weeks. COVID has made this challenging over the last couple of years but we have run one so far in 2022 and plan a second kicking off in August.

Thanks to Anthony who took on coaching responsibilities for our first 2022 program and big shout out to Rowena and Doug who have taken over the baton and will be coaching our next cohorts.

We plan to run one program for Juniors and then another for some masters rowers who have done corporate rowing and expressed interest.

Regatta News

The Super 8 Challenge - a new DRC hosted regatta in development

We are very (super?!) excited to be working on a novel regatta concept for this year's RNSW calendar.

Many of you will have heard Rob talk enthusiastically of the Avignon Cup, and dreams of replicating this event concept here. Well, a small DRC working group has formed to try to make this happen. The concept is simple. One "Super 8" Crew. 5 Races. Each crew competes as an eight (3500m time trial) and then the same crew breaks down to compete in one of the following over 500m: a four; double; single and an erg. Zut alors!

We are currently talking to RNSW about potential dates to host this from Rodd Point and sounding out Sydney Clubs to gauge interest. More details to come!

[Read More](#)



Upcoming Dates



Regattas

The RNSW draft regatta calendar has been published with only a few regattas yet to be finalised. All of the regattas the Club supports/ intends to take a trailer, will be loaded onto the Club website in the members resources area as a calendar. A link from this will take you to the regatta google doc we have come to use to manage entries over the last season.

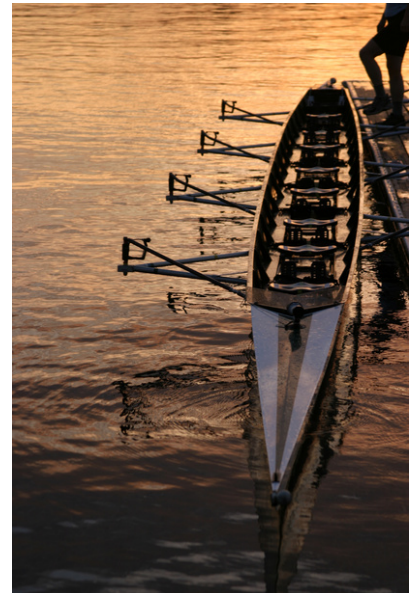
Just a reminder that the costs associated with towing the trailer/s to interstate and regional regattas that the club supports are charged back to each member attending. The calculation for this can be found in the member handbook

<https://www.drummoynerowers.com.au/scripts/download/file/&id=bahh9oojl9euzeek>

Now the regatta calendar is mostly finalised, there are a few Club events to mark in your diary:

Drummoyne Rowing Club AGM
Saturday September 10, 2022

Boat maintenance days for 2022:
Small Boats – August 20th 2022
Big Boats – November 12th 2022



Training camps:

In the lead up to the coming season we would like to seek expressions of interest in two training camps. Each camp would have a different focus:

- Small boats of singles, doubles, pairs Early 2023 Ben Chifley Dam, Bathurst.
- Bigger boats of quads, fours and eights. 25th September following the Nepean Head #1

We anticipate this will allow people to spend multiple training sessions across the camp on a specific boat type and crew.

All of the regatta dates, training camps and maintenance will be available with links to register as events on Revolutionise in the coming weeks.