



# ***Australian Rowing News***

**Issue 32: July 2007**

## **FROM THE CEO**

**The last month has seen some promising results emerge from our team's participation in international regattas. Battling injuries and illnesses, the athletes that competed at World Cup III in Lucerne produced satisfactory results and our M2- of Duncan Free and Drew Ginn came away with gold.**

Congratulations must go to the U23 World Championships team that have now returned home from Great Britain. Although competing in challenging weather, crews performed well and the team achieved some impressive results.

### **World Cup III – Lucerne, Switzerland**

**13 – 15 July**

LM2-: 4<sup>th</sup>

M4-: B Final, 5<sup>th</sup>

M2-: 1<sup>st</sup>

LM2x: 4<sup>th</sup>

LM4-: 5<sup>th</sup>

W4x: 4<sup>th</sup>

M8+: 6<sup>th</sup>

### **U23 World Championships**

**Strathclyde, Great Britain**

**26 – 29 July**

M1x: C Final, 2<sup>nd</sup>

LW2x: B Final, 4<sup>th</sup>

LM4-: B Final, 3<sup>rd</sup>

W4-: 2<sup>nd</sup>

LM4x: 4<sup>th</sup>

M4-: 6<sup>th</sup>

W4x: 2<sup>nd</sup>

M4x: 3<sup>rd</sup>

M8+: 3<sup>rd</sup>

Our Australian Junior Team left Australia last week headed for Beijing where they will compete in the first test event for the Beijing Olympic Games. We will eagerly await the results from what John Coates describes the best man-made rowing course ever developed.

### **Rowing Online Management System**

In an exciting development in the implementation of ROMS, both Rowing Queensland and South Australia RA have gone commenced using ROMS II for the management of their member databases and regatta entries. The next few weeks will see all users convert to ROMS II which provides greater functionality and is more user friendly than the original version.

### **2010 World Masters Regatta**

The Chair of the FISA Masters Commission, Mr Peter Morrison, will be here in late August to inspect Kawana Waters, QLD, to assess its suitability to host the 2010 World Masters Regatta. Hopefully Peter will return to the Council with a favourable report and the decision on the hosting of the event, to be made at the Ordinary Congress to be held on 3 September in Munich, will be in our favour.

### **Governance Review**

As a significant outcome of the Governance Review, I can report that Rowing Australia Inc. ceased to exist as of 1 July 2007. Rowing Australia now trades as a company limited by guarantee. This is a significant evolution in the history of the organisation and sets us up well to meet future corporate challenges.

### **Staffing**

I am disappointed to advise of the resignation of the Rowing Australia Elite Program Manager, Greg Howell. After only 12 months in the position Greg has made a significant contribution to Rowing Australia. Greg will leave the office on 14 September to return to Queensland with his family and a position at AFL Queensland. We wish Greg all the best in his new position and thank him for the contribution he has made.

Please watch the RA website for recruitment opportunities in this area.

Later this week the RA Supplement Policy and associated educational resources will be available on our website for information.

**Andrew Dee**  
**Chief Executive Officer**

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## Olympic qualification on the line in Munich

The 2007 FISA World Rowing Championships are only three weeks away and Australia's crews are undergoing their final preparations.

The regatta serves as the major qualifying opportunity for the 2008 Beijing Olympic Games and all countries will be determined to qualify as many boats as possible for the showpiece event in international rowing.



*Drew Ginn and Duncan Free following the medal ceremony in Lucerne*

Chances to qualify boats after the World Championships are limited, with only a handful of places on offer at continental qualification regattas and the final qualification regatta at Lucerne in June 2008.

Outlined below are the Olympic qualification criteria for each boat class:

Boat Class	2007 Worlds	Continental Qualification Regattas				Total Boats	Total Athletes
		Asia	Africa	Latin America	Final		
M1x	11	6	4	6	3	30	30
M2-	11	-	-	-	2	13	26
M2x	11	-	-	-	2	13	26
M4-	11	-	-	-	2	13	52
M4x	11	-	-	-	2	13	52
M8+	7	-	-	-	1	8	72
LM2x	11	3	1	3	2	20	40
LM4-	11	-	-	-	2	13	52
W1x	9	5	3	5	3	25	25
W2-	8	-	-	-	2	10	20
W2x	8	-	-	-	2	10	20
W4x	7	-	-	-	1	8	32
W8+	5	-	-	-	2	7	63
LW2x	8	3	1	3	2	17	34

Australia's medal haul at the three World Cups was not as great as previous years but this should not be considered too significant. A number of crews were rowing together for the first time and there was also a serious bout of sickness that swept through the squad.

Notable highlights of the first stage of the international program included Kim Crow and Sarah Cook claiming a gold and bronze medal in the Women's Pair at the first two World Cups, and reigning world champions Drew Ginn and Duncan Free asserting their authority by winning the Men's Pair at World Cup 3.

The strength of the Chinese contingent at the World Cups was noted across the rowing community as they powered to 5 gold medals in Amsterdam. Chinese rowing has progressed significantly since the last Olympic Games and they are shaping up as a significant threat to the historically stronger rowing nations of Germany, Great Britain and Australia.

Australia's crews will convene in Varese, Italy on 12 August before they move onto Munich for the start of the World Championships on 26 August. The finals will be held on the 1<sup>st</sup> and 2<sup>nd</sup> of September.

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## **Oarsome Foursome continue to make waves**

**Former Australian rower Mike McKay was presented with the prestigious Thomas Keller medal during World Cup 3 at Lucerne, Switzerland.**

The award, named after the late president of FISA, Thomas Keller, is the highest distinction in rowing and has been awarded each year since 1990 to recognise an exceptional rowing career and exemplary sportsmanship.



*Mike McKay after receiving the Thomas Keller Medal*

The medal can only be awarded to a rower who has retired from the sport and 'who has had a long and successful rowing career and who has made an outstanding contribution to rowing as a competitor and as a sports personality'.

McKay won the award ahead of Jean – Christophe Rolland (FRA), Constantina Burcica (ROM), Rob Waddell (NZ) and Katrin Rutschow – Stomporowski (GER).

McKay, who was part of Australia's Oarsome Foursome during the 1990's, represented his country at five Olympic Games, winning gold in the Men's Coxless Four in 1992 and 1996. He also competed as part of the Men's Eight in 2000 and 2004, picking up a silver and bronze medal respectively.

McKay, who retired after the Athens Olympic Games at the age of 40, says that he is honoured to be held in such high regard by the rowing community.

"It is the highlight of my rowing career to win the Thomas Keller medal", McKay said. "Thomas Keller was a great man and he was an integral part of rowing. The calibre of rowers who have won this award is quite amazing and I am privileged to be held in the same regard as them."

Previous winners of the Thomas Keller medal have included British legend Steve Redgrave, fellow Brit Matthew Pinsent and Australia's Peter Antoine.

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## **Strathclyde throws stern challenge to U23 team**

**The FISA U23 World Rowing Championships were held In Strathclyde, Scotland on 26 – 29 July with six of the ten Australian crews participating in the regatta qualifying for the A Finals.**

The Women's Coxless Four (Elizabeth Alderman, Megan Bagworth, Emily Rose, Sascha Lahey) was the first Australian crew to pick up a medal after being involved in a fantastic sprint finish with the Italians. The girls rowed with notable length and rhythm and will be hoping to push for positions in the Senior A crews in years to come.

The Women's Quad Scull (Renee Kirby, Emma McCarthy, Charlotte Walters and Lisa Szatsznajder) qualified for the final on the first day of competition and therefore had sufficient time to prepare for the race. With 500 metres to go Great Britain, Romania, United States, Germany and Australia were all in contention for the medals. Eventually the United States narrowly beat the Australians across the line with the British claiming the bronze medal.

The Men's Quad Scull (Steve Fletcher, Danjels Reedman, Sam Renton and Tom Swann) was in fine form throughout the regatta and were one of two favourites in the final along with Germany. The French however made a bold bid for the title and led for the entire race to be only overhauled as the crews pulled towards the finishing post. Australia crossed the line in 3<sup>rd</sup> place.



*Women's Coxless Four silver medallists –  
Elizabeth Alderman, Megan Bagworth, Sascha Lahey and Emily Rose*

In the final race of the regatta the Australian Men's Eight (Terrence Alfred, Richard Allsop, Edward Boyce, Andrew Conolly, Mitchell Estens, James Goswell, Tom Larkins, John Linke, Toby Lister) looked to break the drought of medals in this event. All six crews competing in the final held a genuine chance of winning a medal and the composure displayed by the Australians in the last quarter of the race was a highlight of the regatta. They held on for a bronze medal to delight all concerned.



*The Bronze medal winning Australian Eight celebrating the  
moment with fellow medallists Germany and Italy.*

The championships proved to be a great learning experience for all crews involved and coaches, athletes and managers should be pleased with their efforts.

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## ***Adaptive Rowing***

**Australia will be sending two adaptive crews as members of the Senior Australian Rowing Team to the 2007 FISA World Rowing Championships in Munich.**

Dominic Monypenny will be defending his two successive World Championship Titles in the Men's Arms Only Single Scull, while two newcomers to the Australian Rowing Team will combine for the Trunk and Arms Mixed Double Scull. John MacLean and Kathryn Ross have been training together in Penrith under the guidance of their coach Pedro Albisser, and are producing times in training which will stand them in good stead for a medal in Munich.

Rowing Australia would like to wish the adaptive crews the best of luck in Germany and look forward to the further development of this ever expanding sport.

If you have any questions regarding adaptive rowing please contact

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## **2007 EVENTS OF INTEREST**

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>
8-11 August 2007	World Rowing Junior Championships	Beijing, China
26 August – 2 September 2007	World Rowing Championships	Munich, Germany
31 August – 2 September	Australian Youth Cup	Nagambie, Victoria
7 – 9 December	Rowing Australia Strategic Forum and AGM	Canberra
8 December	Rower of the Year Awards	Canberra

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## **COACHES TIP**

**The general preparation for rowing requires a broad base of physical development. The base is established during the early years of athletic training and emphasized during the preparation period of each training season.**

Specific preparation for rowing requires a training programme that emphasizes the physical, technical and psychological needs of the sport. This requirement is important during the latter part of the preparation period and during the competition period of the training season, and increasingly important throughout the athlete's career.

It should be noted that it is important not to increase disproportionately the amount of specific training at the expense of general physical development. Therefore, the main features of general fitness training must be emphasized:

1. Mobility training enhances the learning of good technique, decreases the risk of injury and provides an opportunity for better development of strength and endurance; this type of training should commence early and continue throughout the athlete's career.
2. Strength is a basic physical characteristic that determines performance efficiency in sport; improvements in strength specific to rowing is dependent on the proper establishment of a base through using general conditioning exercises, particularly during the basic training stage of athletic development and the general preparatory period of the training season.
3. Endurance is the capacity of the athlete to resist fatigue during applications of work; as a medium term endurance event, rowing requires the specific development of both aerobic and anaerobic capabilities; but, as the aerobic energy system accounts for about 75-80% of the required energy for the rowing race and takes a longer period to be established and maintained, aerobic endurance training must be emphasized throughout the athlete's career.

**Noel Donaldson**  
**High Performance Director**

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# ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition we feature Kim Crow



**Nickname:** Kimmy

**Home town:** Melbourne

**Place of residence:** Melbourne

**Occupation:** Student – media communications/law

**Club:** Melbourne University Boat Club

**Began rowing:** 2005

**Date of birth:** 9/08/1985

**Height:** 188cm

**Weight:** 73kg

**Favourite food:** mangoes, chocolate milkshakes, muesli

**Favourite book:** Pride and Prejudice, Power of One, Arcadia, To Kill A Mockingbird

**Favourite movie:** The Castle

**Personal achievements:** Perfect Score 99.95) Year 12

**School:** Ruyton Girls School, Melbourne

**Current coach:** Tim Dolphin/Ian Wright

**Institute/Academy:** VIS

**Rowing career highlight(s):** bronze medal 2006 World Championships W8+, winning head of the Yarra 2006 with MUBC

**Professional goals:** Complete articles and practice as a lawyer

**Sporting hero:** Alisa Camplin and James Tomkins

**Interests:** Coffee with friends, dancing, cooking

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