



# *Australian Rowing News*

**Issue 34: November 2007**

## **FROM THE CEO**

### **Staff Update**

**You may recall that Greg Howell left RA in September to return to Queensland with his family. While we were disappointed to see Greg go, RA has been extremely fortunate in attracting a high quality replacement to the position of Elite Program Manager.**

Matt Draper, with whom many of you will be familiar, commenced with RA in October. He brings with him a wealth of sporting knowledge from various positions including Technical Operations Manager for SOCOG and consultant to ATHOC, Australian Sports Commission & Rowing Australia High Performance Manager, and most recently International Events and Development program consultant to FISA.

The RA High Performance Administrator, Carlie McCall, also left RA in September. We thank her for the contribution she made to the touring success of this year's teams. Current RA employee, Sam Irvine filled the vacant position left by Carlie. He, also, will be an important addition to the high performance unit.

Matt Bialkowski will begin with RA shortly in replacing Sam in the position of Adaptive Rowing and Competition Administrator. He comes to us from ACTSPORT as Disability Sport Education Program Officer. We look forward to working with him in the near future.

### **Preparations continue for the 2007 RA Strategic Forum – 8/9 December, 2007**

As a result of the Governance Review and subsequent conversion of RA to a company limited by guarantee, the revised Constitution requires that an annual Strategic Forum is conducted. Key personnel and stakeholders will attend the one and a half day Forum in Canberra to discuss the future for rowing in Australia as we move toward the next quadrennium. This is an exciting development for the future of the sport.

### **Board Update**

The RA Board met on 30 September in Melbourne. The following is a summary of the decisions and outcomes of that meeting:

- Agreed to an independent review of team SSSM and medical management matters, to be conducted as soon as possible
- Appointed Wayne Diplock to the vacant U23, Junior and University selector position
- Endorsed the 2008 Senior A and U23 Event Supplement and National Activity Plan for the FISA World Championships
- Received the revised Member Protection Policy that will be distributed to the states for comment prior to its consideration for adoption
- Approved the following guidelines and policies relating to the Adaptive Program: -
  - o Classification Guidelines
  - o Classification Appeal Guidelines
  - o Appointment of Head Coach and Section Manager for the 2008 Paralympic Games
  - o Adaptive Rules
- Established an Awards Committee, as a sub-committee of the Board, to consider nominations for Life Membership, OAM etc.

The next meeting of the RA Board will be on 26 November in Sydney.

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

## **Australian crews put on exhibition in Oklahoma**

**Following the rigours of the recent World Championships in Munich, nine Australian rowers were invited to compete at the USA World Rowing Challenge, which was run in association with the Oklahoma Head of the River.**

The Australian Women's Eight headed over the Atlantic, along with Peter Hardcastle, fresh off his success of qualifying the Men's Single Scull for the Beijing Olympic Games next year.

The regatta provided a variety of racing and this was witnessed on the Friday night as a number of 500 metre races were held under lights. Sally Kehoe and Peter Hardcastle both showed their explosive sculling abilities as they won the Women's and Men's Single Scull. In the 500 metre Women's Pair event Australia entered three crews with Sarah Heard and Vicky Roberts finishing second, Sarah Cook and Kim Crow third, and Sally Kehoe and Kate Hornsey fourth.

The women's squad faced an exceptionally hard weekend of rowing as they not only competed in the World Rowing Challenge, but also the Head of the Oklahoma. Sarah Cook and Kim Crow finished third in the traditional 2000m Women's Pair and then were part of the Women's Eight that also won a bronze medal behind the United States and Canada. Vicky Roberts came into the Eight for Sarah Outhwaite in the only change from the crew that finished fourth at the World Championships.

Saturday night featured some great racing as Sally Kehoe and Peter Hardcastle both gained bronze medals in the 2000m Single Sculls, whilst the Women's Eight showed their excellent sprinting ability to grab a silver medal in the 500m sprint event.

The Head of the Oklahoma regatta is held over a 4km course that intertwines between nine bridges on the Oklahoma River. Sarah Cook and Kim Crow continued their excellent form in the Women's Pair and won gold in a time of 16:54.884, before backing up the next day to also win gold in the Women's Eight.

The regatta was accompanied by an excellent festival atmosphere and provided a variation to normal racing that competitors relished. Focus will now turn to preparations for the domestic season and the all important build up to the 2008 Beijing Olympic Games.

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## **New Appointments**

**Rowing Australia would like to announce the following three appointments.**

### **Elite Program Manager**

Rowing Australia would like to welcome back Matt Draper who has returned to the organisation to fill the recently vacated position of Elite Program Manager. He commenced his new role on Monday 15 October.

Matt has previously worked with Rowing Australia as the High Performance Manager in 1995 – 1999.

In the interim, Matt has held a number of significant sporting positions. He worked for SOCOG in the lead up to the Sydney Olympic Games, as well as holding various senior positions overseas with the Grasshopper Club Zürich, ATHOC Olympic Games Organising Committee, the Qatar Asian Games and most recently for FISA - as Events and Development Consultant.

The experience that Matt will bring to Rowing Australia in the lead up to the 2008 Beijing Olympics will be invaluable.

### **High Performance Administrator**

Sam Irvine has been appointed as the new High Performance Administrator and will move across from his current position as Adaptive Rowing and Competition Administrator.

Sam started at Rowing Australia in May 2006 and has been working in the Adaptive department since December of last year.

His new position will involve liaising with ASADA, working with the Elite Program Manager and managing issues with national team athletes.

### **Adaptive Rowing and Competition Administrator**

Matt Bialkowski has joined the team at Rowing Australia as the new Adaptive Rowing and Competition Administrator.

Matt has been working with ACTSPORT for the last ten months as the Disability Sports Education Program Officer. He has gained valuable experience working with the Australian Paralympics Commission and has begun his role on a part time basis before starting full time in December.

## 2007/2008 EVENTS OF INTEREST

DATE	EVENT	LOCATION
6 – 9 December	National Time Trial	Sydney International Regatta Centre, Penrith
7 – 9 December 2007	Rowing Australia Strategic Forum and AGM	Canberra
9 – 16 December 2007	National Camp	AIS, Canberra
15 – 24 February 2008	National Selection Trials	Sydney International Regatta Centre, Penrith
3 – 9 March 2008	Australian Rowing Championships and Interstate Regatta	Sydney International Regatta Centre, Penrith

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### COACHES TIP

#### Principles of Training

The important principles of training are:

1. Progressiveness of training: the training load must be progressively increased to obtain further improvements in physical performance as the athlete adapts to the quantity and quality of the work.
2. Specificity of training: the adaptation by a physical performance factor of an individual is specific to the type, quantity and quality of the training load.
3. Reversibility of training: the adaptation to a training load will decline when the training load is stopped or even lessened; the longer the adaptation period, the slower the decline and vice versa.
4. Rest: this principle has been called the most important principle of training because a period of reduced training or complete rest will allow the body to adapt and overcompensate for the applied training load.

**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 Tara Kelly



Nickname: Taz

Home town: Banova Point

Place of residence: Banova Point

Occupation: Student

Club: Tweed Heads

Began rowing: 1999

Date of birth: 21/06/1985

Height: 172cm

Weight: 61kg

Favourite food: lollies

Favourite book: Not about the Bike – Lance Armstrong

Favourite movie: Dirty Dancing

School: St. Josephs

Current coach: Lincoln Handley

Institute/Academy: QAS

Rowing career highlight(s): Gold – 1w 1x at National Champs 2006, silver U23 2x World Championships, Gold at Junior World Championships

Professional goals: Make the Beijing and London Olympic Games in the LW 2x

Sporting hero: Craig Mottram

Interests: Riding, Beach, Friends

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