



Australian Rowing News

Issue 44

FROM THE CEO

Welcome to the 44th edition of RA News!

With the completion of the Paralympic Games, we bid farewell to the Beijing quadrennium and look forward to 2012 and the challenges that lie ahead.

With the quality of international adaptive racing improving significantly over the past few years, our athletes returned home with pleasing results – a silver medal to the Mixed TA2x of Kathryn Ross and John McLean and a 6th place to Dominic Monypenny in the AM1x category. Congratulations to all those involved with the team. A full wrap of the competition will follow later in the newsletter.

The Sykes Racing 2008 Rowing Australia Coaches Conference was held over the weekend of 3 – 5 October at the Sofitel Gold Coast. With just under 250 attendees, the conference was a great success and feedback received has once again been very positive. A report on the conference is contained on the following pages.

Pat McNamara, Noel Donaldson and I attended the Sports Excellence Forum conducted by the Australian Sports Commission (ASC) in Melbourne on 9 & 10 October. The forum was facilitated by David Pembroke and addressed the issues and challenges facing Australian sport into the future. Key themes from the forum included:

- Challenges associated with delivering a national program within Australia's federated structure
- The need to elevate the education and professional pathways for coaches in Australia
- The system for attracting, identifying, developing and supporting talented athletes
- Integration and coordination of Sports Science and Sports Medicine services
- The need to enhance the application of technology and research outcomes to the development of athletes and equipment
- The strain on Australia's aging sports infrastructure, and
- Challenges facing National Sporting Organisations in generating revenue.

A copy of the forum discussion paper has been included for information. Outcomes of the forum are intended to inform the ASC submission to the Independent Sport Panel.

The Independent Sport Panel has been established by the Minister – The Hon. Kate Ellis MP – to investigate and report on ways of ensuring that Australia's sporting system remains prepared for challenges of the future at elite and grass roots level. A copy of the media

release, terms of reference of the Review and background information is available at www.sportpanel.org.au. The closing date for submissions is 7 November, 2008.

Board Update

The RA Board met on 14 September in Melbourne. The following is a summary of the decisions and outcomes of that meeting:

- Appointed Ray Ebert and Mike McKay to a Board position for a term of 12 months.
- Approved a 4 year contract extension for the CEO
- Decided that ROMS deficit is to be equalised across State Associations proportionally, according to use
- Agreed that fees within the RA Rules are exclusive of GST, with GST to be added to the specified amount.
- Endorsed the tender application for the Adaptive Grants Program
- Approved the Adaptive Indicative National Program for distribution
- Agreed to an Adaptive Rule Change requiring all boats in the AM1x, TAM1x, TAW1x, LTAM1x Div 2 and LTAW1x Div 2 classes to be a minimum of 370mm, measured horizontally across the inside of the hull at the level of the rails.
- Decided not to approve the proposed amendment to RA Rules, Rule 43, requiring the Organising Committee to collect entry fees for an RA event, but specified the proposal should be revisited by the National Event Management Committee upon its implementation.

Andrew Dee
Rowing Australia CEO

Coaches' conference paves way for exciting future

The Sykes Racing 2008 Rowing Australia Coaches Conference was conducted from October 3 to 5 at the Sofitel on the Gold Coast. Nearly 250 delegates from schools, clubs and the State Institutes of Sport heard from some of Australia's and the world's most successful coaches and sports scientists.

Paul Thompson, Amateur Rowing Association's (GBR) Chief Coach for Women and Lightweight, delivered the keynote address, *Integrating Training and Technique to Maximise Performance*. Drawing on his experiences both in Great Britain and his previous experiences in Australia, Paul identified and discussed the critical components in performance – on both a technical, physiological and psychological level. Many of the concepts discussed can be found in Paul's book *Sculling; Training, Technique & Performance*, which can be purchased from Rowing Australia.

The technical overviews of Australia's Olympic medal winning crews, which included the 4th place M4X, also proved to be a highlight of the conference. Broken into smaller groups, the delegates were given the opportunity to hear from Rhett Ayliffe (M2X), John Driessen (M4X), Tim Conrad (M4-) and Chris O'Brien (M2-) who discussed different elements of how they achieved their results. The smaller groups allowed delegates to ask more questions and gain greater interaction with the Olympic coaches.

The more practical sessions delivered on Sunday were very popular. Julian Jones' presentation *Rowing Australia Strength Training Model*, Ivan Hooper's presentations *The*

Rowing Ergometer; It's Relevance to Training and Testing and *Stretching for Athletes*, and Tony Rice's presentation *Physiological Training Zones* provided the delegates with concise and practical information that can be directly implemented in a coaches training program. These topics proved to be stand outs in what was overall an excellent program that was enjoyed by all.

The conference would not have been possible without the support of our sponsors. Rowing Australia would like to thank Sykes Racing as the naming rights sponsors, the Queensland Department of Local Government, Sport and Recreation as the major sponsor and WinTech Racing Australia and Nielsen Kellerman Australia as the associate sponsors. Their ongoing support of these important development initiatives is pivotal in the future success of our sport.

Initial planning for the 2010 coaches' conference is already underway. Keep an eye on the Rowing Australia website and in future newsletters for more information on the time and place of this important event.

Rowing aims for prominence in new sporting vision

Pat McNamara, Noel Donaldson and Andrew Dee attended the Sports Excellence Forum conducted by the Australian Sports Commission (ASC) in Melbourne on 9 & 10 October.

The forum targeted a new direction and vision for sport in Australia as over 40 National Sport Organisations were represented at the event.

A 15 page discussion paper was presented to all attendees and there was valuable conversation from across the room during the two day conference.

Rowing, as one of the few multiple medal winning sports at the 2008 Beijing Olympic Games, positioned themselves at the forefront of discussion.

A full copy of the discussion paper can be found in the central column of the Rowing Australia website, www.rowingaustralia.com.au.

Silver medal just reward for Paralympians

The Adaptive Rowing finals took place on the 11th September with both Australian Adaptive Rowing Team crews making it through to the A Finals.

In the Arms Only Men's Single Scull (AM1x), Tasmania's only 2008 Paralympian Dominic Monypenny placed 6th.

The Trunk and Arms Mixed Double Scull (TA2x) combination of John MacLean and Kathryn Ross rowed their way to a silver medal, producing Australia's first ever Paralympic rowing medal.

MacLean and Ross had qualified for the A Final through the repechage after finishing second behind the Chinese in their heat.

In the final the Chinese crew burst out to a commanding lead at the halfway point over the reigning world champions from Brazil, with Australia in third place.

The frantic pace set by China was too much for Brazil to cope with in the closing stages as Ross and MacLean made a dash on the line to fall an agonising .89 seconds behind China.

Both MacLean and Monypenny retired from rowing after the Paralympics and both can be proud of their achievements.

Congratulations to both crews and their coaches Rik Bryan and Pedro Albisser for their success at the Beijing Paralympics!

Recent Adaptive Rowing Programs/Initiatives: *(please refer to adaptive website for more information)*

- 2009 Adaptive Rowing High Performance Grants Program
- 2008-2009 Adaptive Rowing Indicative Program
- New Adaptive Boat Rule
- New Disability Action Plan for Adaptive Rowing

Matt Bialkowski
Adaptive Rowing & Competitions Administrator
Rowing Australia

High performance structure continues growth phase

The Australian Institute of Sport and Rowing Australia last month announced that Noel Donaldson had been appointed the Head National and AIS Men's Coach.

Coming on the back of the recent recruitment of Andrew Matheson from New Zealand to head up Australia's high performance program, Donaldson's appointment was the second in a comprehensive restructure that will result in a leadership team that will be the envy of world rowing.

Donaldson will be familiar with his new role having previously held a similar position as Australian Men's Head Coach for four years prior to the 2004 Athens Olympic Games. He is considered to be one of the world's leading rowing coaches and was coach of the Oarsome Foursome at the Barcelona and Atlanta Olympic Games.

"The next Olympic cycle promises to be an exciting one for rowing in Australia and I look forward to working with all members of the high performance set up," Donaldson said.

"I am encouraged to once again be working closely with our young and talented athletes and resuming coaching within the international arena.

"The fantastic opportunity provided by the new arrangement with the AIS will allow athletes to optimize the wonderful resources at the AIS."

In addition to Donaldson's appointment, Lyall McCarthy has been retained as the Head National and AIS Women's Coach.

McCarthy, who has been in charge of the women's program since 2004, has also coached crews at four Olympic Games, including Beijing where he took charge of the women's eight and pair.

These two appointments came three weeks after Matheson was named as the High Performance Director of the new program.

Matheson has spent the past six years as Rowing New Zealand's high performance manager whereby the Kiwi's have enjoyed a golden period in rowing.

AIS Director Professor Peter Fricker said Donaldson's arrival at the AIS will continue the Institute's tradition of pursuing excellence.

"Noel will bring high level technical knowledge and international experience to the AIS/National rowing program," Professor Fricker said.

"He is enthusiastic about his role in assisting Australia's talented rowing athletes achieve further success on the world sporting stage.

"The Institute's rowing program will be jointly managed and funded under an agreed management structure between the AIS and RA, and provides an exciting new platform for the future of high performance rowing in Australia."

Rowing Australia CEO Andrew Dee welcomed the addition of Donaldson to the revamped high performance set up.

"Noel's services have been chased by a number of other countries with lots of money and we are extremely fortunate to have been able to retain his expertise and experience in Australia", Dee said.

"These three appointments are just the beginning of a new and exciting chapter in Australian rowing."

Dee retained at Rowing Australia CEO

Rowing Australia CEO, Andrew Dee, will remain in his current position after the board extended his contract until the end of 2012.

Dee has been head of the National Sporting Organisation since February 2003 and has been central to a number of important changes in the sport, more recently the formation of the new high performance structure between the AIS and Rowing Australia.

Dee says that he is looking forward to spending four more years with Rowing Australia.

"I appreciate the show of faith that the Board has demonstrated in reappointing me for another four years," Dee said.

"Australian sport is experiencing challenging times and I am confident I can contribute to the discussions about the future structure and funding for the benefit of rowing and sport as a whole."

2008/2009 EVENTS OF INTEREST

DATE	EVENT	LOCATION
22 – 23 November	2008 Strategic Forum and AGM	Canberra, Australia
13 December	2008 Rower of the Year Awards	Canberra, Australia
14 – 18 January 2009	Australian Youth Olympics	Sydney, Australia
2 – 8 March	Australian Rowing Championships	Lake Barrington, Tasmania

Coaches Tip

The primary purpose of rigging is to provide the athlete with a comfortable work position from which the most effective power application to the boat by the oar can be performed.

Although rigging partly determines technique, it should permit the execution of a technique with natural movements. This will enable the athlete to effectively apply power through an oar with a blade fully covered and travelling on a horizontal plane through the drive phase of the stroke cycle.

In the formation of a crew, the primary purpose of rigging becomes the development of a uniform power application which may result in different adjustments and measurements of the foot stretcher, oar and rigger for individual athletes.

Noel Donaldson
High Performance Director



This summer, don't miss the **2009 Australian Youth Olympic Festival**, a spectacular event where you can see tomorrow's Olympians today!

1800 athletes from **5 continents** will participate in **21 sports** around Sydney from **14 - 18 January 2009**.

Sporting events are FREE to attend!

The aim of the AYOF is to develop sport in Australia and promote the Olympic values of excellence, friendship and respect.

This unique event encourages young people to get out and participate in sport,

creating an atmosphere where children want "to have a go."

The AYOF is an initiative of the Australian Olympic Committee (AOC).

For more information visit olympics.com.au

ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition we feature Drew Ginn



Home town: Leongatha

Place of residence: Richmond, Melbourne

Occupation: Coach program development team, consultant

Club: Mercantile

Began rowing: 1988

Date of birth: 20/11/1974

Height: 196cm

Weight: 90kg

School: Scotch College, Melbourne

Current coach: Chris O'Brien

Institute/Academy: VIS

Rowing career highlight(s): Gold medal Olympic Games 1996 Men's Coxless Four, 2004 Men's Pair, 2008 Men's Pair; World Championship Gold medals in 1998, 1999, 2003, 2006, 2007; 2007 FISA International Crew of the Year

Sporting hero: Roger Federer

Interests: Surfing

Sponsors and Corporate Supporters

