



Australian Rowing News

Issue 45

FROM THE CEO

Welcome to the 45th edition of RA News!

Although the year is drawing to a close, the business of rowing is still as frantic as ever!

Throughout October, Rowing Australia played a leadership role in forming the Coalition of Australian Olympic Sports (CAOS) for the purpose of preparing a joint submission to the Independent Sports Panel. The Independent Sport Panel was 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.

CAOS comprises the national bodies of 6 major medal winning Olympic Sports - Swimming, Track and Field, Cycling, Canoe/Kayak, Yachting and Rowing. CAOS presented their submission to the Panel on 31 October in Canberra at which Rowing was represented by CEO Andrew Dee and Director Colin Smith. Rowing Australia, represented by Pat McNamara, Mike McKay and Rebecca Joyce, presented a separate submission to the Panel on 20 November. We eagerly await the recommendations of the Panel to be released in early 2009.

The National Rowing Centre of Excellence (NRCE) is now well established at Yarralumla Bay. Headed by National High Performance Director, Andrew Matheson, the Centre has recently made a number of new staff appointments, including:

- Matt Draper – Operations Manager
- Matt Bialkowski – High Performance Administrator
- Wayne Diplock – National Talent Identification Coordinator
- Peter Shakespear – Elite Development Manager
- Tom Westgarth – Scholarship Coach

Further positions are currently advertised or being interviewed for with appointments to be announced soon.

The 2008 Strategic Forum and Annual General Meeting were held over the weekend of November 22-23 in Hobart, with a number of issues discussed and resolved. Facilitated by Brendan Lynch, the Strategic Forum was attended by a number of representatives from

each State Association and other key stakeholders. A number of presentations were made that will be discussed further in the newsletter.

Below is a summary of decisions and outcomes of the AGM:

- Council will form a subcommittee to review issues surrounding the definition of Full Affiliated Competitors and determine which categories of membership constitute Full Member capitation under Rowing Australia's Constitution.
- The Council was presented with the 2007/2008 Rowing Australia Annual Report, including the Director's Report and Auditor's Report.
- The 2007/2008 Financial Statements of Rowing Australia Ltd., Olympic Boat Fleet Trust and the Australian International Rowing Foundation were presented.
- Patrick McNamara was re-elected President for a further term, with an undertaking to establish an appropriate succession plan by the 2009 AGM.
- John Boulton was re-elected to his position on the Board and Michael Sparksman was a new addition. Both will serve 2 year terms.
- RSM Bird Cameron was reappointed Auditor's for the 2008/2009 Financial Year.

The 2008 Rower of the Year Awards will be held in Canberra on the night of Saturday 13 December. In recognition of the performances of our elite athletes over the past 12 months, the following Awards will be presented on the night: Male and Female Athlete/Crew of the Year, Coach of the Year, Volunteer of the Year and Rower's Rower of the Year. ABC's Tim Gavel will MC this year's awards, and Brennon Dowrick will be the guest speaker. If you would like to attend, tickets are available at \$75 by contacting Naomi Wagstaff in the RA office on (02) 6256 5999 or nwagstaff@rowingaustralia.com.au.

Andrew Dee
Rowing Australia CEO

Webber charity event throws up challenge for Olympic Champions

Olympic gold medalists David Crawshay and Scott Brennan lined up to compete in the Mark Webber Pure Tasmania Challenge with high expectations from November 19-23.

The Olympic champions in the Men's Double Scull from Beijing were confident that their fitness and team work would serve them well in the five day adventure race hosted by Formula One driver, Mark Webber.

Competitors in the charity event are faced with the wild but beautiful elements of the Tasmanian landscape as they kayak, cycle, run, and white water raft from start to finish.

Crawshay and Brennan represented the Cascade Green team as they lined up for Day 1 of the event on Wednesday 19 November but it was a day to forget for the Australian rowing team captain, Crawshay.

On the tricky, wet descent of Cradle Mountain Crawshay came off his bike and severely sprained his ankle, before struggling on bravely through the mountain bike leg and requiring stitches in his jaw from another nasty fall.

At the end of the day Crawshay, after consulting with the event medical staff, was forced to miss out on the second day of the event.

Crawshay's brief absence meant that Brennan was paired up with a local athlete for the second day, before once again resuming racing with Crawshay on the third day of the event.

The pair completed the remaining days together unscathed and eventually finished in sixth place.

Crawshay said that the experience of competing in such a race was worthwhile.

"It took a while to get into the event but I was really happy with my fitness levels and I guess my technique in some aspects let me down," Crawshay said. "It was a whole new experience and I would love to get the opportunity to do it again."

"It really was the perfect location to compete in an adventure race, and having the opportunity to pass through Cradle Mountain will be a memory I keep with me for some time."

Stars shortlisted for top award

The 2008 Rower of the Year Awards will be held at the National Museum of Australia in Canberra on Saturday 13 December.

The awards night coincides with the December national camp, which this year will be held as an Under 23 camp and will offer some of Australia's up and coming stars the chance to push for Senior A selection in 2009.

With nominations now closed, the following athletes and crews are in line to receive recognition for their performance and contribution to Australian rowing:

Male Athlete/Crew of the Year

Men's Pair – Drew Ginn and Duncan Free

Duncan and Drew entered 2008 as firm Olympic gold medal favourites in the men's pair after claiming back to back World Championship victories in 2006 and 2007. The pair battled injury throughout the season, including during the Olympic regatta, but pulled through to claim the gold medal in Beijing.

Men's Double Scull – David Crawshay and Scott Brennan

David and Scott capped an excellent year by claiming the gold medal in Beijing in the men's double scull, upsetting a number of more fancied crews. Having won two bronze medals at the World Cups, David and Scott won their heat and semi-final in the Olympic regatta, before surging to victory in the final.

Men's Four – Francis Hegerty, James Marburg, Cameron McKenzie-McHarg and Matt Ryan

The men's four of Francis, James, Cameron and Matt faced an uphill task in 2008 that still required them to qualify for the Olympic Games. They won the lead up World Cup event, before claiming victory at the Final Olympic Qualification Regatta in Poland to secure their place in China. In the Olympic final they led for 1800 metres, only to be edged out by the favoured Great Britain crew. A silver medal was still an outstanding achievement.

Female Athlete/Crew of the Year

Women's Lightweight Quad Scull – Ingrid Fenger, Bronwen Watson, Miranda Bennett, Alice McNamara

The Australian women's lightweight quad scull crew successfully defended their World Championship in 2008. Bronwen, Miranda and Alice were all part of the crew in 2007 and were joined by Ingrid this year as they won the gold medal in Austria. They were the only Senior A women's crew to medal in 2008.

Miranda Bennett

Miranda, after another successful international campaign in 2008, has now won three World Championships. One of the more professional and dedicated athletes, Miranda was part of the women's lightweight quad scull crew that defended the World Championship title for Australia.

Alice McNamara

Alice was part of the women's lightweight quad scull crew that defended their World Championship title. She also enjoyed a successful domestic season in 2008, winning both the women's lightweight single and double scull at the Australian Rowing Championships.

Coach of the Year

Chris O'Brien – Men's Pair

Chris has now coached back to back Olympic gold in the men's pair and has established himself as one of Australia's most successful coaches. Chris was able to manage the injuries to his crew throughout the year and also has acted as a role model to some of the country's younger coaches.

Tim Conrad – Men's Four

Tim brought together the men's four to win World Cup gold, the Final Olympic Qualification Regatta and a silver medal at the Olympic Games. Currently Head Coach of the QAS, Tim is a well respected coach who still has a lot to offer to rowing in Australia.

Rhett Ayliffe – Men's Double Scull and Men's Quad Scull

Rhett oversaw the entire men's sculling group in 2008 and led the men's double scull to a gold medal in Beijing. He also acted as a mentor to fellow Tasmanian coach, John Driessen, who coached the men's quad scull to a fourth place finish at the Olympics.

Ellen Randell – Women's Quad Scull

Ellen has coached the women's lightweight quad scull to back to back World Championships in 2007 and 2008. This crew has completely dominated their opposition over the last two years and Ellen's expertise has been a major contributing factor behind their success. Ellen also presided over the bronze medal winning men's coxed pair at the World Championships.

Volunteer of the Year

Bob Cook

Bob Cook has been nominated for his service to ACT rowing. He has acted as the ACT state team manager for a number of years and is also qualified as a Rowing Australia Boat Race Official.

Ray Ebert

Ray had dedicated himself to rowing over the last four years, working tireless hours combined with his normal work commitments. Ray has acted as Australian assistant and team manager for the past four years and was also manager of the rowing section of the Australian Olympic team.

Michael Smith

Michael has been an outstanding manager for Australian teams for over four years and has been hardworking and dedicated to the success of rowing at school, state and national level. He is an excellent role model for fellow administrators and coaches.

Eric Waller

Eric has been a member of the Rowing Victoria Board for 15 years. He has acted as an auditor and advisor on how to improve the safety and efficiency of regattas in Victoria and his contribution to the sport has been exemplary.

Following double world champion Dominic Monypenny's retirement from rowing, the Tasmanian has ventured off to North America to try his hand at skiing ahead of the 2010 Winter Paralympics in Vancouver, Canada.

After competing at the highest level of adaptive rowing for four years and taking part in the inaugural rowing regatta at the Paralympics, Rowing Australia wishes Dominic the all the best in his quest to succeed at his new endeavour.

AGM heralds the new Olympic cycle

Rowing Australia's 2008 Strategic Forum and AGM was held in Hobart on the weekend of November 21-22 with a number of important issues raised and discussed.

With the face of sport changing not only in Australia, but across the world, it gave the board and influential members of the Australian rowing committee the opportunity to discuss the best way forward.

Strategic Forum

Brendan Lynch facilitated the Strategic Forum and gave all those present a list of objectives for the discussion and explained where rowing fitted into the operating environment of Australian sport.

Brent Espeland, the Acting CEO of the Australian Sports Commission, presented a detailed report into the financial, political and structural challenges facing Australian sport which highlighted both national and international trends, as well as providing an assessment of rowing's capacity to meet these challenges.

There was also a report presented at the Forum that discussed the creation of the Independent Sports Panel by the Federal Minister for Sport, the Hon. Kate Ellis. The panel's aim is to review and make recommendations on the specific structures, programs and reforms required to ensure the continuing robustness of the Australian sports system. This panel will then report back to the Minister before Christmas.

Through the initiative and efforts of the President and CEO of RA, a Coalition of Australian Olympic Sports (CAOS) was formed for the purpose of presenting a joint submission to the Panel. CAOS comprises the national bodies for Rowing, Swimming, Athletics, Cycling, Yachting and Canoeing and presented a submission to the Panel on 31 October. Rowing Australia, represented by Pat McNamara, Mike McKay and Rebecca Joyce, presented a separate submission to the Panel on 20 November.

High Performance Sport was also a key discussion as part of the Forum and reports were presented on the Australian Olympic Committee's new target High Performance Plan and the recently held Australian Sports Commission national Sports Excellence Forum, held on October 9-10.

AGM

Patrick McNamara was returned as the President of Rowing Australia, a position that he has held since 2000.

Joining McNamara in gaining re-election to the board is the current Rowing Australia Director of Development and Football Federation Australia High Performance Director, John Boulton. Boulton is also an executive member of international body for rowing, FISA.

Michael Sparksman is the only new addition to the board, and he replaces Bob Pennington, who did not seek re-nomination. Sparksman and Boulton will serve two year terms.

The full Rowing Australia board now stands as:

President – Patrick McNamara

Director of Development – John Boulton

Director of High Performance – Colin Smith

Director of Finance – Dave England

Director and Chairman of RA Athletes' Commission – Rebecca Joyce

Director - Mike McKay

Director - Ray Ebert

Director - Michael Sparksman

Green new Chef de Mission

Australian rowing legend Nick Green has continued his rise in Australian sport after being named as John Coates' successor as Chef de Mission of the Australian Olympic Team.

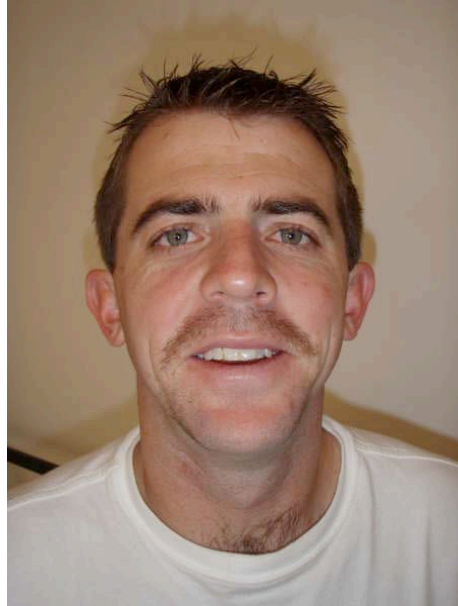
Green will take over the role of the leadership of the Australian team at the 2012 London Olympic Games, while it is expected that Coates' will remain as President of the Australian Olympic Committee when elections are held next year in May.

Green was one part of the Oarsome Foursome that swept to two gold medals at the 1992 and 1996 Olympic Games in Barcelona and Atlanta and is one of the more recognised names in Australian rowing.

Green, 41, has been involved within the Olympic scene since he retired from rowing and is currently a director of the AOC, President of the Victorian Olympic Council, as well being on the board of the Sport Australia Hall of Fame.

Ambassador Rabjohns joins fight against men's health

Australian Olympic Men's Eight cox Marty Rabjohns threw his support behind men's health issues and the fight against prostate cancer and depression as he represented the ACT region as a Movember Ambassador.



Marty sporting his mo after 10 days

Four Canberrans were selected as Ambassadors and took part in a number of media opportunities, fundraising events, as well as growing mo's for a month. Marty was joined by Canberra Raiders Assistant Coach Andrew McFadden, ACT Brumby Julian Salvi and Eastlake Football Club's Ryan Lewis.

Marty managed to raise over \$550 throughout the month, with this money to be donated to the Prostate Cancer Foundation of Australia and beyondblue. The PCFA and beyondblue will use this money to fund research and increase support networks for those men who suffer from prostate cancer and depression.

Marty featured on local and national radio, attended the Gala Party at King O'Malley's and also happily removed his mo on the first of December with the other ambassadors in front of King O'Malley's.



After 3 weeks Marty looked as though he could be a criminal

Marty's effort during the month of Movember must be applauded.



Marty was more than happy to remove his mo along with fellow November ambassadors and King O'Malley's owner Peter Barclay

2008/2009 EVENTS OF INTEREST

DATE	EVENT	LOCATION
13 – 19 December	December U23 National Camp	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

With one Olympic Games just completed the focus for London 2012 needs to be on athletes working towards achieving international standard performances as far back as day to day preparation in their club and state programs.

Noel Donaldson
Men's Head Coach



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 Alice McNamara



Nickname: Mac

Home town: Melbourne

Place of residence: Melbourne

Occupation: Studying Bachelor of Commerce/Science at Melbourne Uni

Club: Melbourne University Boat Club

Began rowing: 2001

Date of birth: 22/02/1986

Height: 166cm

Weight: 57kg

Favourite food: Ice Cream, Dark Chocolate and Roasted Almonds

Favourite book: The Naked Rower

Favourite movie: Oceans 11

Personal achievements: Uni of Melbourne Female Athlete of the Year 2005

School: Loreto Mandeville Hall, Melbourne

Current coach: Tim Dolphin

Institute/Academy: VIS

Rowing career highlight(s): Making the Aus U23 team in 2005, 2006 in LW2x – Bronze 2005, 4th 2006; Gold LW1x at Aust Uni Games 2004, 2005 and 2006; Gold in Womens 4x at Aust Nationals 2006; 2007 and 2008 Women's Lightweight Quad Scull World Champions

Professional goals: To complete uni and pursue a career somehow combining my commerce with my science

Sporting hero: Kim Crow

Interests: Music, good coffee with friends, family, sports – cycling, running, rowing -, the rare sleep in!

Sponsors and Corporate Supporters

