



# *Australian Rowing News*

Issue 45

## FROM THE CEO

### Welcome to the 46<sup>th</sup> edition of RA News!

We have reached the final moments of 2008 and what a year it has been for Australian rowing.

On December 13 we had the opportunity to recognise those people who have made an outstanding contribution to rowing this year at the 2008 Rower of the Year Awards at the National Museum of Australia in Canberra. A detailed report of the night will follow later in the newsletter but I would like to congratulate all the award winners on the night, and particularly David Crawshay, who was recognised by his peers as Rowers' Rower of the Year.

As we enter the Christmas and New Year break the new high performance structure is moving along in leaps and bounds and the first camp in the new program was conducted last week at the AIS. The National Rowing Centre of Excellence has almost fully taken shape now and over 70 of Australia's brightest 'emerging' athletes were put through their paces by coaches and sports scientists.

2008 Australian Coach of the Year, Rhett Ayliffe, is the latest appointment to the NRCE and he joins as the senior coach in the men's program underneath Noel Donaldson. Rhett has had a superb 2008 and I would like to congratulate him on his new position.

The Australian Youth Olympic Festival will be held in January in Sydney and a number of Australia's finest junior rowers will take part in what is proving to be the breeding ground for our future Olympians. I wish all competitors good luck in the regatta that runs from January 17-18 at the Sydney International Regatta Centre.

Finally I would like to thank all of my staff at Rowing Australia for what has been an exceptional year. They have dedicated themselves to the cause of improving rowing in Australia and their tireless efforts are much appreciated.

I hope everyone has a Merry Christmas and a safe and happy New Year and I look forward to seeing you all again in 2009.

**Andrew Dee**  
Rowing Australia CEO

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## Crawshay pips rivals to be crowned Rowers' Rower

**Australian Olympic Team captain David Crawshay completed the perfect year after picking up the top honour at the 2008 Rower of the Year Awards held on Saturday 13 December at the National Museum of Australia in Canberra.**

Crawshay was recognised by his peers and voted in as Rowers' Rower, a ballot voted on by all Senior A, Under 23 and Junior rowers that were selected in 2008.

Crawshay won gold at the 2008 Beijing Olympic Games with Tasmanian counterpart Scott Brennan in the men's double scull and held off his team mate as well as men's pair gold medallist Drew Ginn to win the accolade.



*Matt Treglown and Matt Bialkowski share a joke during dinner*

Ginn, who in 2008 won his third Olympic gold medal in as many outings, claimed Male Crew of the Year with Duncan Free after their efforts in Beijing. The form pair in world rowing for the past two seasons was expected to canter away with the gold medal in China but was almost derailed by a serious back injury to Ginn that required surgery within a week of the conclusion of the Games.

Ginn and Free were pushed for the award in tight voting by Crawshay and Brennan as well as the men's four of Francis Hegerty, Cameron McKenzie-McHarg, James Marburg and Matt Ryan, who had a stellar year by winning the Final Olympic Qualification Regatta, World Cup gold and a silver medal in Beijing behind Great Britain.



*2008 Rowers' Rower David Crawshay during his acceptance speech*

As expected, the women's lightweight quad scull of Miranda Bennett, Alice McNamara, Ingrid Fenger and Bronwen Watson was crowned Female Crew of the Year after reclaiming their crown of world champions. They were the only Senior A women's crew to medal in 2008 and were duly deserving of the award.



*Volunteer of the Year Ray Ebert congratulated by RA board member Colin Smith*

In what also proved a tight tussle for 2008 Coach of the Year with four of the nation's great young coaches, Tasmanian Rhett Ayliffe walked away with the award. Ayliffe, who guided the men's double scull to gold in Beijing, and also headed up the men's sculling program, only narrowly prevailed over men's pair coach Chris O'Brien, men's four coach Tim Conrad and women's lightweight quad scull coach Ellen Randell.

In accepting the award, Ayliffe paid credit to the whole coaching network around him and noted without the help of other, more experienced coaches he would have not been able to guide Brennan and Crawshay to victory.

Ray Ebert was named as 2008 Volunteer of the Year after a successful four year stint with the Australian team where he has served as Assistant Manager and Manager in combination with Dean Oakman.



*Brennan Dowrick entertained the crowd on the pommel horse*

Guests on the night were treated to an entertaining and profound speech by Commonwealth gold medallist Brennan Dowrick. Dowrick, who was Australia's first international medallist in gymnastics not only kept the onlookers entertained with his speaking ability, but also demonstrated his ability on the pommel horse. His presentation was important for all onlookers, but particularly relevant for the members of the 'emerging athlete' development camp members who attended the dinner.

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## **Future talented observed at national camp**

**Australia's next generation of rowers were put through their paces at an 'emerging athlete' training camp based out of the AIS in Canberra last week.**

Over 70 of the country's best prospects gathered in the nation's capital to participate in the first camp run as part of the new National Rowing Centre of Excellence.

New High Performance Director Andrew Matheson was on hand to witness the next crop of Australian Olympians, while head men and women coaches Noel Donaldson and Lyall McCarthy scouted around for the next potential rowing superstar.

Donaldson and McCarthy were joined by a number of rowing coaches, including all three Olympic medal winning coaches, Tim Conrad, Rhett Ayliffe and Chris O'Brien.

The athletes were placed through a week long assessment camp which involved a combination of rigorous assessments, combined with education and instruction sessions. There were a number of sessions on the waters of Lake Burley Griffin, as well as sessions at the main campus of the AIS.

Two separate Ironman events were staged across the week to test a number of the athlete's skills and also provide a change to normal training methods.

High Performance Director Andrew Matheson commented that he was impressed by the talent pool available to the coaches.

"We understand that we have to perform in the future," Matheson said. "Our whole program has been restructured and re-positioned from top to bottom with one goal in mind – medals success in the future.

"Some of the talent we have on show here is pretty raw, but we have a coaching pool second to none in the world and we are confident that if any athlete has any talent within them, our coaches will make the most of it."

Matheson went on to say that the new program is promising to deliver key results.

"We are putting a lot of pressure on ourselves at the moment. We realise that there are some areas of opportunity that still exist in our High Performance Program and so we have taken some hard steps and done a lot of work to get prepared for the future.

"It's all about leadership and it's all about coordinating all the great programs we have and integrating them into one single focus – medals. We have great partners in our programs from the AIS to every State Institute, Academy, Association and Club - and we will rely heavily on each of them to help us deliver."

With a number of athlete's already having been offered full time scholarships at the AIS, a few of the athlete's that attended this camp will be offered places at the AIS starting in January 2009.

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### **Coach of the Year claims NRCE role**

Congratulations to 2008 Australian Coach of the Year, Rhett Ayliffe, who has been selected to join the National Rowing Centre of Excellence as senior men's coach.

Ayliffe guided the men's double scull of Scott Brennan and David Crawshay to a gold medal in Beijing and also oversaw the entire men's sculling program in 2008.

The Tasmanian will commence his new role on January 5.

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### **National Events Calendar welcomes greater participation**

Last weekend the Rowing Australia board approved the National Events Calendar up to and including 2014.

In what can only be seen as a large step forward for rowing in Australia, Queensland, South Australia and Western Australia have all been included in the rotation for Australian Rowing Championships, while the ACT has been included as a host for the Australian Masters Championships.

These states join the current rotation which includes NSW, Tasmania and Victoria.

<b>Year</b>	<b>Australian Rowing Championships</b>	<b>Australian Masters Championships</b>
2009	Tasmania	Queensland
2010	Victoria	Western Australia
2011	South Australia	Tasmania
2012	New South Wales	Victoria
2013	Western Australia	ACT
2014	Queensland	South Australia

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## 2008/2009 EVENTS OF INTEREST

*Keep up to date with all major rowing events.*

<b>DATE</b>	<b>EVENT</b>	<b>LOCATION</b>
2-8 March	Australian Rowing Championships	Lake Barrington, Tasmania
29-31 May	World Cup 1	Banyoles, Spain
19-21 June	World Cup 2	Munich, Germany
10-12 July	World Cup 3	Lucerne, Switzerland
23-26 July	World U23 Championships	Racice, Czech Republic
5-8 August	World Junior Championships	Brive la Gaillarde, France
23-30 August	World Championships	Poznan, Poland

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### Coaches Tip

The national system through its clubs and institutes has created a large momentum of participating athletes.

Now these athletes must create a continuance of their momentum during the Christmas break and throughout this important post Olympic year.

Barely anything could substitute hard training.

**Noel Donaldson**  
**Men's Head Coach**

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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](http://olympics.com.au)

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## ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition we feature Ingrid Fenger



**Nickname:** Ing

**Home town:** Launceston

**Place of residence:** Hobart and Launceston

**Occupation:** pharmacy student

**Club:** Tamar Rowing Club

**Began rowing:** 1998

**Date of birth:** 26/6/1985

**Height:** 170cm

**Weight:** 56-62 kgs

**Favourite food:** Chocolate, banana cake

**Favourite movie:** Wedding Crashers, Last Samurai

**Personal achievements:** House Captain, Rowing captain and sailing on the Young Endeavour

**School:** St. Patricks College, Launceston

**Current coach:** Rhett Agliffe

**Institute/Academy:** TIS

**Rowing career highlight(s):** Gold in lightweight U23 womens singles, double, and quad at the 2006 Australian Nationals

**Professional goals:** Graduate as a pharmacist

**Sporting hero:** Lance Armstrong

**Interests:** Drawing, painting, cycling, travelling and socialising

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