



Australian Rowing News

Issue 19: February 2006

FROM THE CEO

Welcome to a new year and another exciting calendar of domestic and international regattas.

High Performance program: activities

Since Christmas, the national high performance program has been in full swing with extensive camp activity occurring for aspiring national team members. In January, RA released the 2006 Selection Policy, Event Supplement, Nomination Form and Informative Athlete Summary for the Senior A, Under 23 and Adaptive teams, all of which are available on the [RA website](#).

ROMS

I have mentioned the development of an online membership management system in a number of recent issues of RA News. You may recall that this system is known as ROMS (Rowing Online Management System) and will provide a streamlined membership management and national regatta entry system and significantly enhance the communications capacity of our sport.

I am very pleased to report that in its first stage of release, ROMS went live at the end of January and will manage all entries for the 2006 Australian Rowing Championships. What this means is that all members of rowing clubs in Australia exist in the system as individuals and can access ROMS to enter the Championships if they wish.

ROMS still has a lot more to offer so stay tuned.

RA Board: meeting updates

The RA Board met on 2 February in Melbourne. Notable outcomes included the reappointment of Doug Donoghue to the Board and the approval of the 2006 National Team Managers and Support Staff (see HP section below for details).

RA appointment

You may recall that Holly Richardson left RA last November to take up the General Manager's position of Volleyball ACT. While we were disappointed to see Holly go, RA has been fortunate to attract a quality replacement to the position. Following an

extensive recruitment process, Naomi Wagstaff commenced with RA in January. In addition to her administrative and management skills, Naomi also has a rowing background and was a scholarship holder with the ACT Academy of Sport.

Congratulations

Finally, I would like to congratulate Paul Christensen and the Tasmanian Rowing Council on securing Hydro Tasmania as the major sponsor of the 2006 Australian Rowing Championships.

Andrew Dee
Chief Executive Officer

HIGH PERFORMANCE

2006 NATIONAL TEAM MANAGERS AND SUPPORT STAFF

SENIOR A TEAM: (World Championships – Eton, UK; World Cups – Munich, Germany and Poznan, Poland)

Manager: Dean Oakman (AIS)

Assistant Manager: Ray Ebert (QLD)

UNDER 23 TEAM: (World Championships – Hazewinkel, Belgium)

Manager: Michael Smith (NSW)

Noel Donaldson (HPD) to join this tour

JUNIOR TEAM: (World Championships – Amsterdam, Netherlands)

Manager: Vicky Spencer (TAS)

Noel Donaldson (HPD) to join this tour

JANUARY CAMP

The two Senior A camps held in Canberra from January 3–12 and 14–22 focussed on fine tuning the athletes' fitness ahead of March's Australian Rowing Championships in Tasmania. Athletes were involved in a number of grueling cross-training methods, including two 100 km bike rides, extensive ergo testing, swimming training and two daily sessions in the boats. With the Senior A rowers well under way with their state and national preparations for the 2006 season this diverse training approach also aims to maintain the athletes' fitness levels before the start of the international season on May 26 with the first FISA World Cup event in Munich.

2006 AUSTRALIAN ROWING CHAMPIONSHIPS

A reminder that entries for the 2006 Australian Rowing Championships, March 6–12 at Lake Barrington, Tasmania close via the RA website on 13 February 2006 at 5pm. Entries can be made through the new Rowing Online Management System (ROMS), linked from the RA website [homepage](#), or through your State Association website.

SELECTION POLICY

The RA Australian National Rowing Team Selection Policy 2005–2008 is available on the RA website. Nomination forms for Senior A and Senior B athletes only closed at 4pm, 6 February 2006. The CEO in consultation with the High Performance Director may accept in the CEO's sole discretion a signed and completed Nomination Form after the specified date or time.

DEVELOPMENT

CROKER OARS 2006 ROWING AUSTRALIA COACHES CONFERENCE

Conference website: [click here.](#)

Registrations: are now open for the conference to be held at the Radisson Resort on Queensland's Gold Coast from 6–8 October. [Click here](#) for registration forms.

Program: [click here](#) to view confirmed topics and presenters.

Trade Exhibitors: registrations are now open — [click here](#) for all documentation.

COMPETITION

2006 FISA WORLD MASTERS ROWING REGATTA REGISTRATION OPEN

Registration is now open for the largest masters rowing event in the world, the FISA World Masters Rowing Regatta. All master rowers (athletes over the age of 27) are encouraged to compete in the regatta, renowned as the World Championships of Masters Rowing.

This year's Regatta will be held at Mercer County Park in West Windsor, New Jersey from September 6-10, 2006. For more information and online registration, visit www.fisamasters2006.com.

2006 EVENTS OF INTEREST

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| Winter Olympics | 10 to 26 February | Turin, Italy |
| National Championships | 6 to 12 March | Lake Barrington, Tasmania, Australia |
| Commonwealth Games | 15 to 26 March | Melbourne, Australia |
| 1st FISA World Cup | 26 to 28 May | Munich, Germany |
| 2nd FISA World Cup | 16 to 18 June | Poznan, Poland |
| Henley Royal Regatta | 28 June to 2 July | Henley upon Thames, UK |
| 3rd FISA World Cup | 7 to 9 July | Lucerne, Switzerland |
| World U23 Rowing Championships | 20 to 23 July | Hazewinkle, Belgium |
| Commonwealth Rowing Regatta | August (exact dates tbc) | Strathclyde, Scotland |
| World Junior Rowing Championships | 2 to 5 August | Amsterdam, The Netherlands |
| World University Rowing Championships | 11 to 13 August | Trakai, Lithuania |
| World Senior Rowing Championships | 20 to 27 August | Eton, UK |
| Croker Oars 2006 Rowing Australia Coaches Conference | 6 to 8 October | Gold Coast, Australia |

ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition, we feature Sonia Mills, a member of the gold medal winning Women's Eight at the 2005 World Rowing Championships in Japan.



Women's Eight, 2005 World Championships, Gold Medallists
Sonia Mills: back row, centre

Name: Sonia Mills

Nickname: Son 80

Place of birth: Emerald, QLD

Place of residence: Braddon, ACT

Marital status: Single

Height: 181cm

Weight: 73kg

Degrees/Diplomas: Journalism, QUT

Occupation: Media Adviser/Marketing

Favourite food: Kebabs/Sushi

Favourite book: *My Positive Affirmation*

Favourite movies: *Ghost* and *Dirty Dancing*

Club: Canberra Rowing Club

Coach: Lyall McCarthy

What do you plan to do after rowing?: Full-time career and start a family.

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