



Australian Rowing News

Issue 22: May 2006

FROM THE CEO

The international season is now in full swing and our senior, U23 and junior teams are preparing for their respective World Championships. In total, 86 athletes and 37 support staff will travel to Europe in the coming months to compete against the best athletes in the world... we wish them every success and a safe journey. The RA website will provide regular updates of results, photographs and tour experiences from the athletes.

On the home front, Rowing Victoria hosted a very successful Australian Masters Rowing Championships at Nagambie from 19 to 21 May. Congratulations must go to the organising committee and RV office for a organising such a well attended and professionally conducted event. A more detailed report is contained in the 'Competition' section of this newsletter.

Munich results

The National Senior A Team competed at the first 2006 World Cup in Munich from 25 to 27 May. The results were very pleasing with the team coming away with 7 medals – 2 silver and 5 bronze. Given the unpleasant weather conditions, a number of health concerns and the absence of 3 crews, we can only look forward to bigger and better things at the next World Cup in Poznan, Poland from 15 to 17 June.

The team now heads for the warm weather of Varese, Italy where they will be in camp, preparing for the Poznan World Cup

For results, pictures and reports from members of our Senior A Team, please visit the RA website, <http://www.rowingaustralia.com.au>, where an 'Impressions from Europe, 2006' page has been linked.

New members of the rowing family

Congratulations are in order for a number of new additions to the rowing family:

- Ivan and Kate Hooper welcomed their first child, Lachlan James, on 6 May. 'Baby Hoops' weighed in at a HUGE 10lb, 12oz!!
- Luca George was born to Duncan and Belinda Free on 21 May. Luca, the Free's third child but first boy, is a definite future rower, measuring 56cm!
- Our 2004 media and communication manager David Pembroke and wife Anna brought their second daughter, Grace, into the world on 1 June.

Adaptive Rowing and the Paralympic Games

With the inclusion of rowing to the Paralympic Games, rowing Australia has been working closely with the Australian Paralympic Committee to establish a comprehensive plan for the preparation of our Adaptive athletes for Beijing. Rowing Australia staff met with the APC recently and would like to thank Darren Peters and Jason Hellwig for their support.

The RA Board is due to meet on 3 June and the outcomes of this meeting will be provided in the June issue of RA News.

Andrew Dee
Chief Executive Officer

HIGH PERFORMANCE

IMPRESSIONS FROM EUROPE, 2006

RA has loaded an 'Impressions from Europe, 2006' page to its website. Visit this page to read reports from members of the Senior A Team, in Europe for the FISA World Cup regattas. As well, Australian Team results and images from the FISA World Cup I in Munich will be loaded to this page as they are available.

The page is linked from the RA homepage at www.rowingaustralia.com.au.

2006 INTERNATIONAL TOURS — PLANNING AND EXECUTION

April's Rowing Australia News detailed the dates of the 2006 international tours and where each squad will compete. This month the planning and execution of the tours will be outlined.

The majority of the organising of an international tour is done before the team is selected. The Rowing Australia staff is aware of the location of the World Cup events and preceding training camps following the World Rowing Championships of the previous year. All of the ground logistics — such as hotel, car, boat and trailer bookings — have to be done well in advance, generally before Christmas. The hardest aspect is that the athlete numbers are not known so bookings have to be made with the maximum number of athletes in mind.

The cost to Rowing Australia to send a Senior A team on tour to Europe for approximately 8 weeks is around \$1.35 million.

Similarly, the orders for the uniforms have to be done several months before the squads are announced following April's National Selection Regatta.



Rowing Australia also sends containers overseas ahead of the World U23 Rowing Championships. As is seen in the photos these containers, which are stored in Sydney, are large: 12.19 metres long, 2.44 meters wide and 2.59 metres high). The volume of equipment that is transported is astounding. The containers carry boats, oars, riggers, ice vest, tools and spares.

(Image courtesy Noel Donaldson, RA.)

The selection of team support staff — such as team managers, doctors, physiotherapists, massage therapists, physiologists and boatmen — is done in either January or February, several months before the teams are chosen and depart for international competition.

Next month Rowing Australia will offer a special insight into Australia's training base at Varese, Italy as team members ready themselves for the World Rowing Championships in Eton, England.

IMAGES FROM THE WATER



Men's Sweep Squad in training on Lake Burley Griffin, Canberra, May 2006
(Image courtesy Noel Donaldson, RA)



Duncan Free and Drew Ginn, Gold Coast, May 2006
(Image courtesy Noel Donaldson, RA)

DEVELOPMENT

CROKER OARS 2006 ROWING AUSTRALIA COACHES CONFERENCE



Program:

Rowing Australia is pleased to announce that the program for the Croker Oars 2006 Rowing Australia Coaches Conference is now confirmed. It includes presentations from:

- *Thor Nilsen, Development Director, FISA*
- *Noel Donaldson, High Performance Director, Rowing Australia*
- *Andrew Matheson, High Performance Manager, Rowing New Zealand*
- *Brian Richardson, Head Coach Men / Senior Coach Men, Rowing Australia / AIS*

- *Lyll McCarthy, Head Coach Women / Senior Coach Women, Rowing Australia / AIS*

And many more ... [click here](#) to view confirmed topics and presenters

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.

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

COMPETITION

AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS

776 competitors from 85 clubs competed at the Australian Masters Rowing Championships and Interstate Regatta at Nagambie from 19 to 21 May. Competitors came from all states and territories with the exception of the Northern Territory, and racing was highly competitive. Congratulations to all those who contributed their time to produce a successful championships.

Full results can be found on Rowing Victoria's website at www.rowingvictoria.asn.au/

OTHER NEWS

ANZAC DAY SERVICE

Pymble Ladies' College hosted a unique ANZAC Day dawn service on the water in Blackwattle Bay on Tuesday 25th April.



Pymble Ladies' College held, as part of its 90th Anniversary events, a Regatta at the Sydney International Rowing Centre on Monday 24th April, with two New Zealand secondary school students participating. The girls joined together with other members of the community in what was a memorable ANZAC Day ceremony on Blackwattle Bay adjacent to the ANZAC Bridge.

Nine crews rowing in eights attended the Service commencing at approximately 0520 hours and concluding at 0545 hours. It involved schoolgirl rowers from Rangī Ruru Girls' School and St Margaret's College in New Zealand and Pymble Ladies' College, coaches and ex students from the three schools, St Andrew's College (The University of Sydney), parents representing Leichhardt Rowing Club, and The Sydney University Women's Rowing Club in Australia.

Spectators watched the service from a heritage ferry which has been organised especially for the Service.

The participants were welcomed by Mr Gordon Bray AM and the service will be lead by Reverend Jonathan Humphries, Chaplain to Pymble Ladies' College, from a boat on the water. The Order of Service included the Australian and New Zealand National Anthems, the Last Post played by *Pymble* student, Emma Trevallion, a hymn, prayer and reading as well as observing a minute of silence to remember those who have served our countries.

Images from the service can be viewed on the RA website at http://www.rowingaustralia.com.au/gallery06_anzacday.html

SCULLING: TRAINING, TECHNIQUE & PERFORMANCE BY PAUL THOMPSON



Whether you are about to go out in a sculling boat for the first time, simply enjoy recreational sculling, or have aspirations to be a member of the national team, this book contains information that will help you to improve your performance and maximise your potential.

Sculling considers the principles that underlie training, technique and the correct adjustment of the boat's rigging and gearing. It offers practical advice on how those principles can be applied.

Paul Thompson has coached world champion crews for Australia and Great Britain and his crews have won medals at three Olympic Games, including a gold in 1996 with Megan Marcks (nee Still) and Kate Allen (nee Slatter) in the Women's Coxless Pair.

Sculling will be available in mid-June at a price of \$45.00. (**Note:** RA advised in our April newsletter that this publication would be available in late-May: there has been a delay with shipping.) To pre-order your copy through RA, complete and return an order form, available from the RA website at http://www.rowingaustralia.com.au/SHOPPING_ORDER_FORM.doc

2006 EVENTS OF INTEREST

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	5 and 6 August	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 Robyn Selby Smith.



Women's Eight, gold medallists at 2005 World Rowing Championships
(Robyn Selby Smith; bottom row, third from left)

Name: Robyn Selby Smith

Nickname: Robbo

Place of birth: Melbourne, VIC

Place of residence: Melbourne, VIC

Marital status: Single

Height: 177 cm

Weight: 71 kg

Favourite food: Mango

Favourite movie: *Anne of Green Gables*

Favourite book: *Testament of Youth*, Vera Britten

Hobbies: Teleskiing, cooking

School: Pymble Ladies' College

University: Melbourne University

Degree/Diploma: Science/Law

Club: Mercantile Rowing Club

International results: 2005 World Rowing Championships, gold medallist in W8;
2004, 8th non-Olympic World Championships W4-

After rowing: Do my articles (law)

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