



GOOD SPORTS

THE BOW-BALL BULLETIN

Information from the sharp end of our activities

Newsletter of Hawthorn Rowing Club

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CONGRATULATIONS TO SHANE O'CONNOR SMITH

On winning the State title in the Male A grade single scull on the Barwon.

Read more under regattas.

VOTE FOR HOY - RV PEOPLES CHOICE REGATTA OF THE YEAR

HRC requests that you vote our very own Head of the Yarra, the "RV Peoples Choice - Regatta of the Year". It is easy. Supply your name, and an email, click on our regatta - Head of the Yarra - then click submit. For those who are worried about getting hit with spam, you will not. It is just RVs way of making sure you don't vote twice. THEN: encourage all of your friends, family and even work colleagues to vote as well. You don't have to be a rower. The more votes we get, the better the chance we have to take out this award which we have been successful in getting for several successive years now.

For those who have already voted, many thanks and please ask everyone you know to do so as well.

http://www.rowingvictoria.asn.au/html/s02_article/article_view.asp?id=2031&nav_top_id=-1&nav_cat_id=-1

PFD UPDATE & OTHER HRC POLICY MATTERS

RV has no further update on Personal Flotation Devices to report at this stage, but apparently it will be discussed at the upcoming RV forum in April.

Club members should be aware that the following HRC policies are located on the new HRC website: <http://www.hawthornrowingclub.com/Documents.html>

HRC Water Safety Policy

As a result of a number of factors including that Victoria has legislated that PFDs (must be worn by all persons in a water craft, and RV are still developing an approved safety template, HRC has developed it's

own. This Safety Code has been based on what RV plans to have in their template together with what other club have had to do in their own countries. The Safety Code is not to try to hinder us in practicing our sport but rather try to make us all more accountable and ensure that we can have some level of traceability in the event of something going terribly wrong. The Club has posted a number of copies of the policy about the shed.

Basically what has to change is that when you take out a boat (even private boat owners) you need to list all those in the crew who go out with you, and your estimated time of return in the log book at the foot of the stairs beside the phone. In this book you'll also get the opportunity to note any issues with the boat or equipment and if it needs to be removed from service if there has been an accident, or significant damage. Please note this log book does not replace the booking boards.

Boats that are not to be used on the water will be tagged with a red tag that it is not to be used. If you row a boat and upon return feel the boat cannot be rowed note this in the log book and tag with the spare tags hanging on the wall very close to the log book. If there are none to be found please contact the safety officer.

The club safety officer is Denis Bourke. He is the contact for all issues where you think there are potential safety concerns. His details are on the committee board as you walk up the stairs. The safety officer can and will change over time so always be aware of who it is when you need them.

RV Code of Conduct - adopted by HRC

This is a state RV code, based on the national RA code of conduct dictating acceptable behaviour, and the procedure for handling any complaint / grievance on this matter. Please be assured all matters will be handled discreetly and in the strictest confidence by HRC.

HRC Private Boat Storage Policy

HRC Boat Usage Policy



REGATTAS

State Champs – Barwon, Sunday 24th February

A big Congratulation to both **Shane O'Connor-Smith** and **Max Rowan** on their rows at the State Championship Short Course in Geelong.

Shane won the Male A single scull against Corio Bay.

Max rowed in two grades both C and B. The C grade being early in the morning and the B grade heat being in the later part of the afternoon. Max managed a 3rd place in the heats, which allowed him to finish ahead of the field to win the C division C grade final. Top Effort. In the B grade races, Max was second in his heat, which unfortunately did not give him the chance for a place in the final.

So again congratulations to both of these two scullers, representing the club when some of us were at the ½ yearly General Meeting.

Australian National Championships, Penrith

We had one club representative at the nationals held at Penrith, NSW. Amanda Chong – Halliday gave her all and came up with a number of personal best times in each of the 4 events for which she competed (she was also competing for her school). One event she rowed for Hawthorn in the FU172x. Amanda's results at the Nationals has placed her ahead of all her competing Victorian State Champion competitors on the last day of Nationals. Well Done Amanda.

Essendon and Footscray Regatta 15 and 16 March

Shane O'Connor Smith was our sole representative at Essendon's Henley on the Maribyrnong in the MA1x. He was successful in the heat by beating Richmond by a length to take first place, and then again by taking first place by 0.8 of a length over Essendon.

At Footscray HRC had four ladies Competing. Sandra Binnie and Josie Bant in the FC2x were narrowly beaten by 0.3 meter in their heat by a Powerhouse Crew. They did however make up for this by winning the B final by 2 lengths over Bendigo and then Barwon. In the FC4x+ Megan Bonness, Gaby Hare-Brown, Josie Bant and Sandra Binnie unfortunately missed out on a second row in this event as Yarra Yarra and Powerhouse beat them to the line in the heats.

Again well done and a thanks to the five of you for flying the HRC colours over the weekend of competition.

Mildura/Wentworth at Easter

It was sad this year that we could not get sufficient numbers from HRC to consider the long trip to the Easter Regattas of Mildura and Wentworth. However it is possible there have been two main factors: the first being that the two regattas for the first time since moving to Saturday/Sunday decided to race on their

respective rivers, meaning at the end of a long day's racing you have to pack up and move venues only to unpack again; the other main factor has been systemic with RV this year, and is very late release of preset orders. Given the distance that has to be travelled to get to these regattas and that the Sunraysia region also hosts several other sporting carnivals accommodation fills fast. With no preset order HRC was not able to advise who would be able to race in what event and be able to guarantee there would be no boat clashes.

As for the rowing: Mildura had 27 events for the whole day. Racing started at 9am with 8 – 10 mins intervals between races. The days had concluded by 2:30pm! Wentworth fared even worse: 14 events!! They also started at 9am but were complete by 11:30. The Darling looked like crews were out literally for a Sunday Row.

I trust that next year things are significantly different and HRC is able to compete in force. So keep Easter in Sunraysia in the back of your minds for next year.

State Selection

Max Rowan, age 15, did very well in selection for an RV squad, just missing out on a place in an Under 18 quad which is going to New Zealand. This was a great experience for Max who has had a tremendous season at HRC.

UPCOMING REGATTAS

Please register your interest to compete at any of these asap.

Winter Sculling Series will be starting 31st May.

Hawthorn 1 – 10 sculls still available; other boats have already been allocated.

Masters regattas - keep an eye on RV website for dates and locations as details are regularly being updated.

To enter: notify either Andrew or Fiona **no later than the Wednesday before the advertised closing date.** In addition the entry money will need to be collected by a crew member and placed in an envelope with the crew members names in the tin behind the bar by this date. All competitors must be financial.

If you have not raced in the last 4 years, you will also have to supply a photocopy of your drivers licence, birth certificate or passport. Be sure to do this early.

- V. Captain - Fiona Hilbert - 0414 909 730
- Club Secretary - Andrew Carson - (H) 9819 3243
- Junior Squad Coach - Simon Spriggs - 0405 314 870

UPCOMING EVENTS



GOOD SPORTS

Club Races

Sunday 6th April

This is a great way to meet other members in the club some long term members and others who might be brand new. Come along one and all and use the morning to meet and greet someone new. Your skill behind an oar has nothing to do with the fun you can have. If you can't stay all day just come for the row, also if you have other commitments in the morning by all means come for the BBQ lunch.

Time: be at the club by 10am, races usually start by 10:30 and run till we have had an elimination of crews down to a winning crew

Cost : There is a small charge for the food (Meat, Salads and Bread) \$5 for Juniors and \$10 for the not so junior. Beverages and soft drinks are available at bar prices.

Questions: Heidi Winnen - email
setco@ozemail.com.au

HRC ANZAC Service

Sunday 20th April @ 12 noon



The service will be conducted at our re-located monument by our WW2 veteran and club stalwart Geoff Code.

Attendees are invited to wear any medals won by their forebears serving in the Australian forces.

HRC is one of the few sporting clubs to have an actual monument dedicated to club members who died on active service.

HRC Trivia Night

Coming soon – stay tuned for details.

HRC Golf Day

Expressions of interest are invited from membership re a club golf day –we had one in about 1996 which was quite successful. It is possible if we have the numbers to organize a package deal at such top courses as The Dunes or Eagle Ridge on Mornington Peninsular. The packages apply to mid-week golf so it would most likely be a Wednesday. It may be possible to organize a Sunday but not as a package and much more expensive. Members ,spouses ,partners and family members are invited to play .

Please indicate your interest by email to Denis Bourke – drdenis@bigpond.net.au

EVENTS

Half Yearly General Meeting and Boat Christening: 24th February

Thank you to all who attended and heard the latest on the club development. Junior Club Captains were also announced: they are **Bella (Isabella) Damm and Ben Shannon**. Congratulations! All notices of motions were accepted – in effect a new constitution will be available soon.

Following the ½ yearly meeting, we christened the newest addition to the club fleet, a 4+ / 4x+, named the "Carson Family". Great lunch followed.



Club Races 2nd March

Everyone had a great time at the last club races. There were 4 crews in tub fours and enough rowing to generate a big appetite for all at the BBQ held afterwards.



HEAD OF THE YARRA

VOTE FOR HEAD OF THE YARRA: Details on first page.

Date for 2008: it's time to get ready and anticipate this year's date in your diary! Due to there being 5 Saturdays in the month, it will be Saturday 22nd or 29th November 2008 TBC and approved by Parks Victoria and Rowing Victoria. The 2008 event will be the 50th staging of the event so be prepared for some special activities.

CAN YOU HELP?

Every year the club manages to excel and hold a regatta that is not only the talk of the Australian rowing community, but internationally as well. The Head of the Yarra is the clubs major fund raising event and one where not only do we need all hands on deck on race day, but the regatta committee is always looking for volunteers for many of the tasks that have to be managed in the lead up to race day. One of the biggest positions we have to fill in this years regatta committee is that of gaining sponsorship. This year will see HRC hosting the 50th running of the event and as such we feel this is a special occasion that has extra merit.

Can you ask yourself if you had/ or currently have involvement with seeking sponsorship / advertising / marketing and would like to help make this years regatta one that will be talked about for many years to come we'd like to hear from you. The regatta committee currently meets at 6:30pm on Monday evenings just once a month in the early stages of planning, and then the meeting become more frequent the closer we get to the regatta. If you could not see your self being able to attend all meetings then this is fine as email is another great tool for keeping all on committee up to speed on various activities. The regatta committee has an information pack that is ready to be presented to potential sponsors which contains everything that you are likely to need in this function.

Of course if you have other talents that we do not know of and want to put something back into the club, by all means please contact us. Either Mal Coe, the regatta Secretary (mcoe8924@bigpond.net.au) or Andrew Carson, club Secretary (hrc@hawthornrowingclub.com)

HOY JOB VACANCY – AND NO ATTENDANCE AT MEETINGS REQUIRED!!

Assistance is still sought to oversee the HOTY Heroes Awards – in effect acknowledging those who have competed many, many times in Head of the Yarra. An application form has already been created, all you have to do is manage all applications. If you are interested please contact Tanya Newman (9819 3243).

GOSSIP & MEMBERS NEWS

- ❑ Congrats to **Chris Parish** and **Belinda Goglia** on the birth of **Liliana Parish** born 5th feb, 3475g or 7lb 10oz. Big sister chuffed - mum and dad already sleep deprived but all is very good.
- ❑ **Simon Spriggs** is in Perth this week competing (for Rosebud SLSC) in the Australian Surf Life Saving Championships in the Surf Boat competition, Masters and Open categories. Good Luck!
- ❑ **Pauline Frasca**, who began her rowing career in the HRC Beginners' Program some years ago, was a member of the victorious Queen's Cup Eight at the recent Interstate Titles. She has also rowed at recent World Championships. Pauline was a tall 19 year old who was fit from riding her pushbike for transport. She went from the Beginners' Program straight into Greg Van Prooyen's Senior Women's squad at HRC before moving downstream. Also rowing for Victoria was **Alice McNamara**, daughter of former HRC member (and crew mate of Sue Botta) Julie McNamara.
- ❑ **Greetings from Dimboola!** The ergo is the only rowing going on now!



- ❑ **Vale Brian Vear 1937 – February 2008**

Many members, especially those involved in the Masters scene would have known Brian Vear.



Brian was a great rower, administrator and innovator in the sport. He was also a life member of Rowing Victoria.

Brian joined the Banks Rowing Club in 1956 and was President from 1999-2006. Having completed his education at St Patricks College Ballarat, where he also distinguished himself as a member of their football team an interest that despite his involvement in rowing he maintained for many years and included over 300 games for his schools Old Boys side.

As a rower he was a member of the coxless four in the 1960 Olympics and a member of the eight in the 1964 Olympic Games. He was a member of two King's Cup winning crews and a participant in two others. He also managed a successful Victorian team in 1997 in which Victoria won 4 of the 8 events.

From a Rowing Victoria perspective his work was of critical importance as a regatta and masters organiser. He showed how the Association could fund its critical development work through regatta organization and set Victorian on a road which it has continued ever since. He was also an initiator of the development of masters rowing in Victoria, an activity which he truly loved.

From a Rowing Australia perspective, his work was of greatest importance in the development of masters rowing. Under his reign as Chairman of the Australian Masters Committee, the Australian Masters Championships regatta was created and this is now one of the major regattas in Australia. He also was the Chairman of the Organising Committee of the rowing at the World Masters Games in 2003. This regatta was one of the largest international regattas ever conducted. Brian's initiative in introducing the alpha/numeric boat numbering system for Regatta management has now been adopted throughout Australia and at many international regattas.

ALISONISM'S

- None to report.

REMINDERS / ALERTS

Here's yet another reminder to ensure ALL club members are aware of the following.

- **BOAT USAGE / BOOKING BOATS:** Members are reminded to book the boats they intend to train in on the whiteboards at the bottom of the stairs. And before taking a boat out, ensure it is not already booked!

- **BOAT CARE:** Care of club equipment needs to be exercised at all times – ensure boats are washed (on the inside and the outside) after use.
- **BOAT LIGHTS:** It is YOUR responsibility to have a set of lights of your own. Between dusk and dawn you need **BOTH** a **WHITE FLASHING LIGHT** on your **stern** and a **WHITE (non-flashing) LIGHT** on your **bow**. **Lights are to be attached to the ends of the boat - not to rowers / coxswain.** If you don't have lights and you're planning on being out on the water anytime between dusk and dawn – **DON'T GO OUT.**
- **IF A BOAT IS DAMAGED:** Boat damage can be reported using a form located at the club or from the documents section of the website. Completed forms can be pinned to the committee noticeboard. **PLEASE NOTE:** When a boat is tagged as damaged **it is not to be rowed**, even if it looks like it could be.
- **TIDE TIP:** Check out this website to plan when you train! In the first field - select 'Melbourne (Williamstown)' then select the date you want; click 'submit'. In dropdown menu on next page click on 'River Yarra - Hawthorn' - and it tells you to add 25 mins to the times in the table (it does not change the table).
<http://www.bom.gov.au/oceanography/tides/MAPS/melbourne.shtml>
- **ROWING SAFELY INCLUDING WHAT TO DO IN THE EVENT OF CAPSIZING:** RV has two safety documents that all club members should be familiar with: The Row Safe brochure provides general tips on safe rowing; The Capsize Manual provides a guide to management strategies for helping your crew recover from capsized. These documents can also be viewed and downloaded from the RV website www.rowingvictoria.asn.au
- **FOOTWEAR:** Please note **footwear is strongly recommended for all rowers** - not only do you not want any cuts on your feet getting infected from the Yarra water, but syringes have been found washed up on the jetty.
- **HELP KEEP JETTY SAFE:** There are brooms downstairs in the clubhouse for brushing down the landing. You may like to make use of these while waiting for your crew to turn up – it certainly warms you up ready for a row, and helps prevent you from slipping when putting the boat in or out of the water.

YARRA RIVER CLOSURES & EVENTS

DATE	TIME	EVENT DESCRIPTION	WATERWAY STATUS	LOCATION
APRIL				
Sunday 27 th	8:00am – 1:00pm	Outrigger Canoe Marathon Regatta	Open River	Vic Harbour to Herring Island
MAY				
Sunday 4 th	7:00am – 11:30am	Melb University Inter-Collegiate Rowing Regatta	Open River – Flag System	Morell Bridge to Judges Box
Saturday 17 th	8:00am – 5:00pm	Melbourne Masters Regatta	Open River – Flag System	Morell Bridge to Judges Box
Sunday 18 th	10:00am – 5:00pm	Scout 100 Paddle	Open River	Scotch College to VRA Landing
Sunday 25 th	8:00am – 2:00pm	Foot of the River	Open River – Flag System	Morell Bridge to Judges Box
Saturday 31 st	8:30am – 11:00am	VSA Sprint Regatta	Open River – Flag System	Morell Bridge to Judges Box
JUNE				
Sunday 1 st	9:00am – 1:00pm	CRAB Regatta	Open River – Flag System	Morell Bridge to Judges Box
Saturday 14 th	8:30am – 11:00am	Round the Island	Open River – Flag System	Herring Island to Judges Box
Saturday 21 st	8:30am – 11:00am	Winter Sculling Round 1	Open River – Flag System	Morell Bridge to Judges Box
Saturday 28 th	8:30am – 11:00am	Winter Sculling Round 2	Open River – Flag System	Morell Bridge to Judges Box
JULY				
Saturday 5 th	8:30am – 11:00am	Winter Sculling Round 3	Open River – Flag System	Morell Bridge to Judges Box
Saturday 12 th	8:30am – 11:00am	Winter Sculling Round 4	Open River – Flag System	Morell Bridge to Judges Box
Saturday 19 th	8:30am – 11:00am	Winter Sculling Round 5	Open River – Flag System	Morell Bridge to Judges Box
Sunday 20 th	7:00am – 5:00pm	Canoeing Victoria Winter Series Race 5	Open River	Punt Road to Gardeners Creek
Saturday 26 th	8:30am – 11:00am	Winter Sculling Round 7	Open River – Flag System	Morell Bridge to Judges Box
AUGUST				
Saturday 16 th	8:30am – 11:00am	Scullers' Head of the Yarra	Open River – Flag System	Herring Island to Judges Box
SEPTEMBER				
Saturday 12 th & Sunday 13 th	7:00am – 5:00pm	Canoeing Victoria Victorian Marathon Championships	Open River	Punt Road to Gardeners Creek

LETTER TO EDITOR

Dear Editor.

By way of comment, thank you for the photo in the latest Bow Bulletin p4.



However, the vibe is not really that of a fit young man winning heaps of boat races. I need an image of

powerful strokes in a winning crew crossing the line. Can we please have some balance in the editorial content of future editions!

Beagle 004



Ed note: Winning stroke across finish at Wentworth 2007 by the 7 seat of a men's masters 8. We hope this accommodates the request of Beagle 004 whom we believe from reliable sources may need to check his Beagle title.