



NATIONALS 2010

WHAT IS IT AND WHO'S GOING?



Rhys Hannah Michael Mel Brendan Maddi Chris Alex Ash Nicole Hannah Alex Iain

Our Sub Elite and Elite rowers began their Nationals campaign last October and this will come to fruition 1- 7 March at the 2010 Australian Rowing Championships, Nagambie Lakes Victoria. They are competing in Club and composite crews for the glory of WA and hopeful selection into National Squads with the ultimate goal of competing for their country, be that at Junior level or even Olympic berths!!

Training is a daily routine beginning at 5:30am with an average 1.5 hr on water session ranging from 1hr distance to 30 secs on 30 secs off for 10 mins x 4 repeats with increased rating. Each week also has a timed piece consisting of 8x1500m pieces back to back.

The afternoon session consists of weights, circuit work and/or LABA with a run or ergo. Weekend sees the squad on their bikes tackling such delights as Kalamunda Hill, Mundaring Weir, and it's beautiful surrounding hills, and of course the occasional trip to Mandurah or the like. Or they have time trials to see how they are going and for crew selections. These are held at Canning and Champion Lakes.

A couple of athletes also competed, or are competing interstate. Ash Miles competed in the NSW State Championships and posted the following great results:

- 1st Championship Womens U23 Coxless Pair
- 2nd Elite Womens Coxless Four
- 4th Elite Single sculls

Hannah Jansen is competing in the 2010 Wilderness 1st Grade State Championships in South Australia, 20 - 21 March.

She will be competing in three single scull events:

- Lightweight Womens Single Scull
- 1st Grade Womens Single Scull
- Youth Womens Single Scull

and with a Torrens Club member 1st Grade Womens Double Scull We wish her speed in all these events.

The main National Campaign squad leaves Perth 24 Feb and returns on March 9. The competition itself is on the 1 - 7 Mar is at Nagambie Lakes which has proven to be a testing course in the past and we wish all our rowers well in their pursuit of excellence.

What's On?

18 February	Nationals send off - ANA Clubrooms
27 February	Sausage Sizzle at Wotton Skate park
27 February	Car parking duties at the Perth Film Festival
14 March	Learn-to-row Regatta - ANA
28 March	Autumn River Festival

ANA AGM

Who's in and who's doing what

President	James Carpenter
Vice President	Tony Beech
Captain	Stuart Ridgway (short term)
Vice Captain	Chris Bond
Secretary	Jess Bosio
Treasurer	Siok Cheng
Assistant Treasurer	Tim Collins
Committee Members:	

- Glyn Heath
- Ian Hilton
- Helen O'Keefe
- Kay Jansen
- Carole Pedri
- Mike Quinn
- Helen Finch
- Sharon Morris

Senior Coach
Auditor
Racing Selection
Committee Member

Social Rowing & Nationals Send Off Pasta Night This Thursday 18 Feb

A good evening to just have a relaxing row and meet other members and get together afterward to have a drink and a few nibbles. And this week we are also having a send off for the Nationals Squad. A great chance to meet the young people going for glory on the national stage. Bring a dish if you can and drinks will be available from the bar. Bring your own crew or just come down and mingle in.

Learn-to-row Regatta

14th March 2010

This is ANA's MAJOR FUND RAISER and needs to be supported fully by as many members as possible.

The crews aren't flowing in at the moment, SO LETS GET OUT THERE AND PULL SOME IN.

This needs to be getting better each year and if we want to maintain a growing fleet of newer boats this is where the money comes from.

Each crew is entitled to a maximum of five (5) coached sessions to be arranged at a time that suits the coach and the crews. This will be your only commitment and if possible it would be good if you could be available on the day of the Regatta to cox your crew.

And all hands on deck for the day itself to help with the marshalling, umpiring, cooking and general setup and pull down.

Information flyers and entry forms are available by the boat sign out book at the back of Bay 1.

this is the big one to attract new members
and for all club members to participate

The coordinators are:

Daina Tamasauskas 0404 967 330

ltrregatta2010@anarowingclub.org.au

with deputies Tim Collins and Ron McFarlane.

SHED TALK

Maintenance

Thanks to everyone that has turned out to help our maintenance coordinators Neil and Wouter. Some solid progress has been made across a range of boats. However more care needs to be taken with boat handling around the shed.

Boats out of play

Scull - Midland Toyota - Feet

Scull 5 - Broken rigger

Scull - Hunter - Foot stretcher being repaired

201 - Steering shoe being fixed

MUBC Tracer - Hull damage

Boats back in play

Scull 13

Scull 15

Nash - Heavyweight 4

Yellow Sykes Quad/Four

Filippi Quad (Dark blue dot - needs captains permission to use!!)

Tracer 6 (Dark blue dot - needs captains permission to use!!)

Log your boat out.

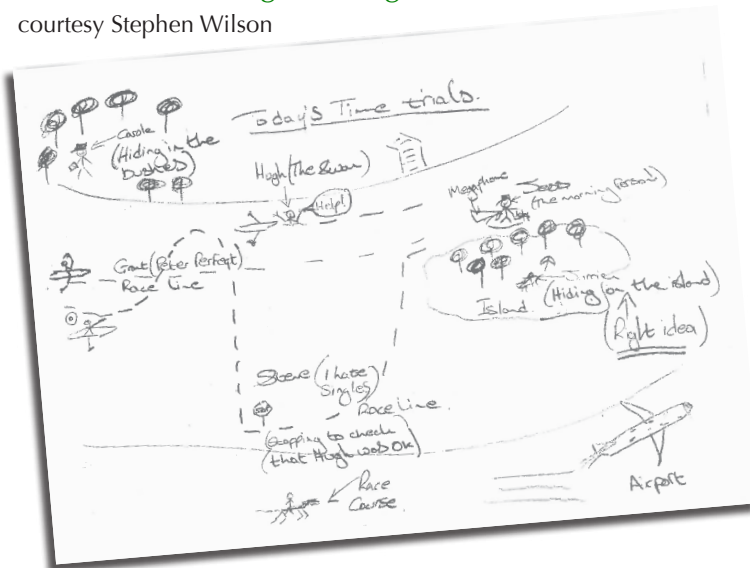
One of our top priorities at ANA is to keep our members safe. One important part of this is logging boats in and out of the shed. Logging of boats allows us to keep track of who is out on the water and whether alarms should be raised if those people haven't returned from their row. It is imperative that you log boats out, whether it is a club or a private boat. Secondary to this, logging of boats is also a useful tool for the maintenance crew to see which boats are being regularly used and therefore may require regular checking.

Turtle Club

We'd like to welcome Hugh Bond (The Swan) to the Turtle club after a bail out during a time trial. What people will do to get out of them!!

Visual of a training morning

courtesy Stephen Wilson



Welcome to New Members

Rachel Conway, Kristin Gaerisch, Dierdre Lightfoot, Raymond Parkinson, William Robinson and Carla Vincent.

Training calendar

Squad	Mon	Tue	Wed	Thur	Fri	Sat	Sun
C/D		Simon 5:30am on water	Simon 5:30am on water Stuart Gym 6pm		Simon 5:30am on water		General Sculling 6:30am to Point Reserve 1X and 2X
E2		Helen & Robyn 5:30am on water	Jeremy 6:00am gym	Jeremy 5:30 am on water		Jeremy 6:00am on water	
E1	Jess & Carole 5:15am on water		Jess & Carole 6:15pm on water		Jess & Carole 5:15am on water	Jess & Carole 6:30am gym	James 7:00 am Sweep
SUB JNR				Stuart 4:30pm on water			
General training	Try and get a couple of sessions a week running, on a bike, or swimming.						

The above calendar is what is currently running on & off the water. Keep an eye on the racing page of the website to get the most current situation as these times may vary. About 3 - 4 sessions a week would be good and if you can't make a day in your squad you can join another squad, just warn the coach so that they can make adjustments if necessary.

Rat Race Perth - Urban Adventure at ANA

Thanks to members that stayed behind to cheer on and help with this event. We were left fairly high and dry staff wise by the organisers but the ever resourceful Siok and members managed to get a makeshift watering station together and put through about 159 competitors. A good bit of exposure for ANA.

That's all for this month. Hopefully you've enjoyed this newsletter and we'd appreciate any feedback, positive or negative. We encourage any items you would like added to future issues of the newsletter. In particular, rowing tips, as illustrated on the previous page, old rowing stories, jokes, cartoons, pictures and any relevant information that could benefit our club and its members.

IMPORTANT
Remember to sign your boat out
Report damage in the damage book

Please send Newsletter pieces through to
Secretary.ANA@gmail.com
or captain_ana@hotmail.com
Deadline for articles is 15th of March.

It's member information and cooperation
that keeps vitality in the club.

