



# NORTH CRONULLA ROWERS



## North Cronulla Boat Section

### Newsletter

September 2014

Welcome to the 2014 / 2015 Boat Rowing Season.



It's great to see so many of our section enthusiastic and already preparing for the season ahead.

We currently have two Junior Crews, three Colts Crews, one 'A' Crew, one part time Open Women's Crew, two U/23 Women's Crew and two Veteran Crews on the water! There are more rowers keen to 'jump in' in the very near future. If you know anyone with their Bronze who would like to join our section please let me know.

#### **Dates to Remember:**

Please inform Sheridan or myself if your crew intends on competing at any carnivals below and we will place your entries. All rowers must be financial and up to date with patrol hours.

- 1<sup>st</sup> Oct Helmets to be worn as of this date, if deemed necessary on race day by the committee.
- 3<sup>rd</sup> Oct **Boat Section Meeting IN THE JUDD ROOM. Sweeps 5.30pm all boaties 6.30pm.**
- 11 Oct **River Run. Please confirm crews ASAP**
- 12<sup>t</sup> Oct **weight training update with Corey Bocking 8am in the gym all welcome.**
- 18 Oct **Masters "Old Boys" lunch at Hogs Breath Café Cronulla let me know if you're keen!**
- 26 Oct **Sunday –Section video session, run and Breakfast.**
- 6.30am start.** Meet at the boatshed, bring running and rowing gear. Breakfast will be organised by Wokeye at the conclusion of the session **in the Judd room.**
- 1 Nov **Mollymook**
- 8 Nov **Round 1 ASRL short course surfers paradise/Corrimal – Round 1 -South Coast Series - \*\* Followed by Mexican Night at Corrimal SLSC.**
- Let me know if your crew is keen to compete and celebrate afterwards. There is cheap accommodation close by or the surf club has offered us to bunk in there if we are desperate.
- 16 Nov **Garie Dash at Bundeena.**
- All rowers are expected to participate in this short course event. Presentation will be held at the Bundeena RSL at the conclusion of the competition. This is a great family day and an opportunity for our younger crews to have their first race.
- 22 Nov **Newport**
- 6 Dec **Round 2 ASRL short course Southport/Broulee – Round 2 - South Coast Series**
- 20 Dec **North Cronulla ASRL round 3 ASRL short course**
- Christmas carnival followed by North Cronulla's traditional Hawaiian night everyone welcome to attend**
- 21 Dec **Final ASRL short course Elouera.**
- 17 Jan **Wanda**
- BBQ at Bof's afterwards - all rowers and families welcome.
- 17 Jan **Queenscliff**
- 24/25 Jan **Manly**
- 26 Jan **Freshwater**
- 31 Jan **Mollymook -Round 3 - South Coast Series**

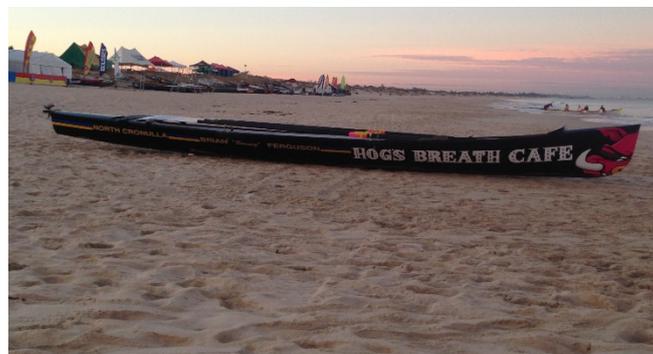
- 14 Feb**            **Branch - Maroubra**
- 20-22 Feb**       **Shellharbour**
- 28 Feb**           **Warilla/Barrack Point – Round 4 – South Coast Series**
- 1 March**          **Pac Palms**
- 13-15 March**    **State – Ocean Beach , book your own accommodation**
- 13-19 April**     **Aussies –Tugan- Kirra, book your own accommodation**

**Please note: Dates are subject to change and updates will be communicated via newsletters and social media.**

**South Coast Series**

We have been invited to participate in the South Coast series this year. This is our priority for the season, as this is where the best competition is. Any crews who intend on competing please inform [\*\*me asap as we need to enter by Friday 26<sup>th</sup> September\*\*](#), individual carnival entries are allowed.

- |                |                                  |                              |
|----------------|----------------------------------|------------------------------|
| <b>Round 1</b> | <b>Saturday 8 November 2014</b>  | <b>Corrimal</b>              |
| <b>Round 2</b> | <b>Saturday 6 December 2014</b>  | <b>Broulee</b>               |
| <b>Round 3</b> | <b>Saturday 31 January 2015</b>  | <b>Mollymook</b>             |
| <b>Round 4</b> | <b>Saturday 28 February 2015</b> | <b>Warilla/Barrack Point</b> |



**Fitness**

If you are not on the water rowing don't forget to improve your strength and fitness by attending two sessions at the club each week.

Monday –Deck of Cards – Gym 5.30pm (attendance has been low over winter!)This is a great, quick session involving body weight. Great for the young (and not so young) rowers.

Thursday – Tom's Boxing – Ballroom 6pm. BYO boxing gloves.

Thanks to Corey Bocking from the Performance Training Institute there is a new updated weights program on the wall in the gym.

### **House Keeping:**

Please respect your trainers and sweeps. They put a lot of time in to help improve all the rowers at our club. If you can help by picking up the boat and washing it out without their help, do so, as they are more than likely in the water a lot more than you are!

If you commit to a session as a crew there is no excuse for not showing up.

There will be a new package for rowers gear this season stay tuned.

As the season moves on there are more and more crews on the water so you must book your boat on the black board. Sunday it is wiped down and new times go up.

### **Special Thank you's!**

Thank you Dog for training a variety of crews all winter.

Thank you to Spagg's who has stepped up to the plate with the training programme for the crews on the water while Tom Chapman is looking after his family, great to have you back Spaggs!

Thanks to all the sweeps for their efforts over winter organizing crews, special thanks to Ozzy who has been coordinating both under 23 girl crews whilst Mick was away, great to have you back mate!

Thank you to Matt Bell who is continuing to do a magnificent job fundraising for our section. We are currently looking for a sponsor for a couple trailers, so if you know of anyone please contact myself or Matt.

Thank you to our Major sponsors: Hogs Breath Café Cronulla, Southern Fasteners, Attwells Kitchens and MJB Plumbing. Our section can't survive without sponsors and we appreciate their generous support.

Thank you to Ben, Sheridan, Linda, Purd's and Fozzy who work very hard to keep our section on track.

Thank you to everyone I ask to help out, no matter what I ask, people are always willing to assist this great section!

### **Team Work.**

There is a strong sense of team work driving out section. The more we train together and support each other the stronger our section will become. The younger rowers will benefit greatly by the camaraderie and assistance of our more experienced members. Baz's Vets have continued to be great role models throughout winter! It's great to see The "A's" training with the "Juniors" on Sunday Sandhill's at 7am. All crews are invited to join in.

Please keep in mind that we are part of a club and the more we support the whole club and all the sections within North Cronulla the better our club will be.

Remember to keep your patrols up to date. Proficiency dates are on the club website [www.northcronullaslsc.com.au](http://www.northcronullaslsc.com.au) it's your responsibility to be proficient before 31/12/14.

