



# August 2012 Newsletter

**Bunbury Rowing Club (Inc)**  
Club House  
Queens Gardens

P.O. Box 151  
Bunbury, W.A. 6230  
Tel: (08) 9721 3788  
<http://brc.sportzvault.com/>

## August Regatta

Two very successful days. Thank you to all club members who worked hard to make our regatta a success. First place rowers on the day.....

- MSJ1X -Broderick
- WD1X -Lauren
- WD4X + -Carmel, Teagan, Morgan & Lauren.
- WC8+ -Morgan, Carmel, Darlene, Teagan, Caitlin, Nola, Bev, Pina, Lynette.
- WE4X+ -Michelle, Lauren, Nancy, Darlene.



**Head of the River EATON**  
Congratulations to the BRC crews...  
..WC8+  
..MC8+  
..MM1x

## Well Deserved Recognition to Pina and Trevor

A **boat naming celebration** was held after the Saturday regatta. It is a club tradition to name new boats after rowers who have given their time to the club over a number of years. Pina Barbera and Trevor Wignel were honoured by having their names on the club's two new 2X's.

### **Pina Barbera**

On receiving her honour she said modestly, 'I don't need this I'm just a worker'. Pina joined the club in 1992. During her time with the club she has been a committee member looking after the social aspect of the club and the club secretary for 6 years. In addition to her on-going role as coach she reached the level of Junior grade and currently has a ROMS score of B. Over her rowing career she has represented the club in Adelaide, Bundaberg, Sydney and recently at the Australian Masters in Tasmania. At the Sydney and Perth Australian Masters Championships she stroked the WA eight to victory. The honour of having a boat bearing her name is also in recognition of her involvement in the club and her readiness to; prepare for and run regattas, organise fund raising events, presentation dinners and preparing food. Pina is renowned for her cooking.

### **Trevor Wignel**

Affectionately known as Wiggy. Most know Trevor as a quiet man who coaches the junior rowers. However, few members know that he has a number of rowing achievements to his name. More on Trevor next newsletter.



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## Sprint Championships, 8<sup>th</sup> September

### Sprints Champions.....

- MSJ 1X- Brod Morgan
- ME2X- Ivan Cigulev and Ashley Davis

## State masters Championships 9<sup>th</sup> September

### Masters champions.....

- MM8-Pina, Jen, Nancy, Nola, Martin, Mike L., Mike H., Peter N.
- MM2X- Jen & Mike L.
- WM2X -Jen & Nola
- MM4X+-Martin, Mike L., Mike H., Peter Martin
- WM4X+-Pina, Jen, Nola, Bev
- WM1X -Nola



## State Championships

Congratulations to all of those who rowed in a final at the **State Championships** on Sunday 16<sup>th</sup> September.

.....**Ashley, Ivan, Brod, Josh N., Lauren, Morgan, Michelle, Tamara, Nancy, Carmel, Darlene, Caitlin, Bev, Nola, Pina, Phil and Lynette.**



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## End of season boat maintenance Saturday 7<sup>th</sup> Oct 9-11am

This is for all rowers, junior's included. We're tidying up the boats we used this season, replacing bolts and parts that are worn, to get ready for the school's season. The competition boats won't be used again until training starts for 2013, so these boats need a once over.

The objective is to:

Check the boat you have used.

Make sure the rigging and foot stretcher bolts work easily. Ensure the boats have the same bolts, either metric or imperial.

Clean the slides.

Check the foot stretchers.

Check the gates and replace the very worn ones.

Check the oar lengths, so the in boards are the same for each pair and are written on the shaft.

Replace the shoes in the Darryl George and the J, Seroka.

Tidy the back of the shed and move the boat trailer to the compound.

### Trophy Race

Friday the 21<sup>st</sup> of September  
5 to 6pm

Try to get to the club as close to 5pm as you can so you will be included in a crew.

### Club Dinner

Friday the 21<sup>st</sup> of  
September  
7pm

### Presentation Dinner

Tickets from  
Caitlin Prosser  
0417986918

### BRC CLEANING ROSTER

10th Sept - 23 Sept Men's squad 3 (Coordinator Richard)  
24th Sept - 7th October Forza Dragon BC (Coordinator Mark)

Please do your bit to keep our club clean and tidy for all users. If your name is not on this list please contact Nola.

### Cleaning tasks

Female and male toilets: sweep and mop floors. Clean showers basins, mirrors, toilets, urinal, and empty bins.

Gym: vacuum, clean mirrors, tidy weights wipe down ergos.

Boat shed: sweep empty bins, put out bins and general tidy.

<u>Men's Squad No1</u>	<u>Men's Squad No2</u>	<u>Men's Squad No3</u>	<u>Women's Squad No1</u>	<u>Women's Squad No 2</u>	<u>Women's Squad No3</u>
Martin Curran	Josh Williams	Richard Macoun	Beverley Seroka	Caitlin Prosser	Kimberley Robbins
Mike Lane	David Prosser	Graham Currie	Nola Cigulev	Kim Trigwell	Darlene Cattach
Mike Hogan	Ivan Cigulev	David Fry	Pina Barbera	Tegan Eldridge	Carmel Lloyd
Murray Grobler	Ashley Davis	Ali Bitaraf	Jennifer Coote	Abbi Wilson	Michelle Cocks
Peter Nowland		James Lloyd	Lynette Sleight	Samantha	Tamara Bromley
Trevor Wignell	Luen Harris	Phillip Drain	Barbara Della-Sale	Kirsten Edwards	Joanne Smith
Maurice Matich	Surf club		Nancy Churchill	Jenelle Coates	Julie
			Wylie Geldert	Jan Hand	Jenette



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## **Level 1 coaching is on offer at Bunbury Rowing Club**

*Level 1 is Rowing Australia's introductory coaching course and is open to anyone interested in coaching or assistant coaching. You do not need to be an accomplished rower to attend. In fact, some of the best Learn to Row coaches are those with recent memories of what learning to row was like. We are particularly interested in juniors, new members, and parents becoming Accredited Coaches.*

*The normal cost of the Level 1 course is \$170. However, the Rowing Club has organised for up to ten participants to attend for \$25 provided they agree to donate 10 hours of coaching time to the Club over the next year. These donated 10 hours will be organised around your own schedule and at Learn to Row, Schools Program, Corporate Regatta, Open Row, Give it a Go, and in other ways approved by the Club. All our new Level 1 Coaches will work with mentoring coaches during these times. Our objective is for everyone in the Club to have the skills to coach, not only because it helps make for a healthy club. It also helps you to become a better, safer rower.*

*As part of the course requirements, you will need to complete the AusSport Commission on line course as well as complete a practical assessment, both before you attend. We'll help you with both. And we'll also provide lunch and breaks at the training. Come have a fun day meeting other Club members and helping us be a better, stronger, and safer Club. Contact Nancy Churchill ([njc@gwi.net](mailto:njc@gwi.net)) to register.*

## **ERGO CORNER** #1: DRAG SETTINGS

One of the most misunderstood aspects of ergo training is the drag setting. Many of you have gone into the gym, either at BRC or outside, and discovered a drag of 170+ on the machine. The issue for ergo machines is that...they are not the same as rowing on water. Improper use of ergos can quickly lead to back injuries and then you are out of rowing for quite a while. Concept 2 has done some excellent work on how to reduce the likelihood of back injuries due to improper ergo use. The full research article is available at [http://www.concept2.com.au/app\\_cmslib/media/lib/1003/m40198\\_v1\\_the%20erg%20ivan%20hooper%20study.pdf](http://www.concept2.com.au/app_cmslib/media/lib/1003/m40198_v1_the%20erg%20ivan%20hooper%20study.pdf) and makes for a very interesting read. Or, search on "drag factor on ergo" and the study should be at the top of your list.

What does it say? First, use slides. Second, set the drag factor correctly before your ergo workout. The research showed (see page 25 of the study) that the following are recommended:

Heavyweight Men (HM): 115  
Heavyweight Women (HW): 105  
Lightweight Men (LM): 105  
Lightweight Women (LW): 100

Next month....setting the drag!

