



Australian Rowing News

Issue 47

FROM THE CEO

Welcome to the 47th edition of RA News!

Welcome to a new year and an exciting calendar of domestic and international competition.

The year was kicked off with the Australian Youth Olympic Festival in Sydney from 14 – 18 January.

Competitors from Great Britain, New Zealand, China and Australia competed in the regatta with Great Britain topping the medal tally with seven gold medals, two silver and three bronze, finishing ahead of New Zealand with three gold medals. New South Wales and Tasmania each won a gold medal.

I would like to take this opportunity to acknowledge the dedication of the RA staff and the many volunteers that went into making this such a successful event. I would like to thank the institutes, clubs and schools that lent boats for international teams to use, with a particular mention to Noel Donaldson who accessed the AIS and Rowing Australia fleet, and Phil Bourguignon from Sydney University Boat Club.

The Australian Youth Olympic Festival will now move to a four year cycle to allow for the introduction of the Youth Olympic Festival, a new initiative of the International Olympic Committee. Singapore will host the inaugural Youth Olympic Festival in August 2010 with rowing, included as one of the 26 sports, offering the single scull and pair for both men and women.

The New Year brings with it some new faces to RA. Within the framework of the NRCE we welcome:

- Rhett Ayliffe – AIS Men's Senior Coach
- Laryssa Biesenthal – AIS Women's Senior Coach
- Tom Westgarth – Scholarship Coach
- Peter Shakespear – Elite Development Manager
- Wayne Diplock – NTID Coordinator

And in the RA office:

- Regan Sanders – National Educational and Community Development Officer.

Regan has a degree in coaching where he majored in education, and was the coach of the junior men's quad scull in 2007. He will be responsible for the National Coaching Accreditation Scheme as well as the National Officiating Accreditation Scheme, whilst he will also assist in the running of community adaptive and club development programs.

The first major event for this year is fast approaching with the 2009 Hydro Tasmania Australian Rowing Championships and Interstate Regatta at Lake Barrington being held in the first week of March. In partnership with the RA office, the Organising Committee is hard at work to ensure the regatta is a great success. Lake Barrington always provides a marvellous backdrop for exciting performances and I hope this year is no different.

Other major events of interest this year include:

Australian Masters Championships	28 – 31 May	Rockhampton, QLD
World Cup I	29 – 31 May	Banyoles, Spain
World Cup II	19 – 21 June	Munich, Germany
Youth Cup	10 – 12 July	SIRC, Sydney
World Cup III	10 – 12 July	Lucerne, Switzerland
U23 World Championships	23 – 26 July	Racice, Czech Republic
Junior World Championships	5 – 8 August	Brive-la-Gaillarde, France
Senior World Championships	23 – 30 August	Poznan, Poland

The RA office has, for some time, been working with a number of people to develop a new national unified logo and corporate brand, encompassing the teamwork and symmetry of rowing. After a long process of consultation and consideration, final drafts are now being fine-tuned with a launch of the new brand to occur at the National Championships. 2XU will be selling limited RA branded items in the merchandise tent.

To all coaches, athletes, administrators and spectators, I hope you enjoy the domestic rowing season and good luck to all crews competing at the Australian Championships.

Andrew Dee
Rowing Australia CEO

Tasmania welcomes 2009 Australian Rowing Championships

The 2009 Hydro Tasmania Australian Rowing Championships and Interstate Regatta are just over three weeks away as Australia's best rowers convene at the picturesque Lake Barrington in Tasmania.

Considered one of the world's most serene and beautiful rowing courses, over 1600 athletes of all ages will battle it out over seven days of competition.

Entries have now been open for a number of weeks and will close on Wednesday 11 February 2009 at 5pm.

With a number of Australia's Olympians choosing to retire or take an extended break from the sport in 2009, there are a number of seats up for grabs on the Australian Senior Team, and athletes will be provided with one of their first opportunities to impress national selectors.

U23 and Junior selectors will also be on hand to witness their potential athletes, while states are reaching their final preparations for the Interstate Regatta, which will be held on Sunday 8 March.

New South Wales are the current holders of the King's Cup after claiming a nail biting 0.22 second photo finish victory over Victoria last year. Victoria will be eager to bounce back, while South Australia, who is celebrating their 125th year in rowing, have reportedly been training for the past 5 months in preparation for the race.

Race reports, reviews and daily quotes will be available on www.rowingaustralia.com.au and ROMS throughout the regatta.

The indicative program for the event is now available at www.rowingaustralia.com.au.

Australian Youth Olympic Festival proves another success

The 2009 Australian Youth Olympic Festival rowing regatta was held in blistering conditions at the Sydney International Regatta Centre on January 17-18.

Over 15 Australian rowers that have competed at the four prior AYOF festivals have gone on to represent Australia at the 2004 Athens and 2008 Beijing Olympic Games, emphasising the importance of this festival in the development of our talented athletes.

Great Britain stole the show once again as they brought home seven gold medals, eclipsing their effort in 2007 by one. George Nash and Matthew Rossiter were the stand outs for the British, each claiming three gold medals from the event, the last one in a scintillating performance in the men's eight.

In the men's eight race Victoria held a slender lead through the 500m mark over New Zealand and Great Britain, but it was New Zealand that made the first move pushing ahead to the front at the half way point. Great Britain then asserted their dominance over the field and took the lead, and with 500m to go never looked back. They crossed the line in a time of 5:53.30 to win by a full boat length over New Zealand, with Victoria a further boat length back in third.

Tasmania's Taylor Wilczynski showed his growing pedigree in the sport with a commanding victory in the men's single scull.

Wilczynski is the winner of the last two Australian school boys single scull championships, and gained a bronze medal at last year's junior world championships. He really asserted his dominance in this event from his first strokes out of the starting block.

New Zealand's Michael Berry tried to catch Wilczynski in the last half of the race, but the young Tasmanian was just too strong and took the gold in a time of 7:03.69.

Wilczynski has strong ambitions to compete at the Olympics.

"I want to make the 2012 Olympic games if I'm good enough" he said. "I'll make myself good enough."

New South Wales won Australia's only other gold of the regatta when the crew of Charles Budd, Aleksander Burzins, Nicholas Purnell and Edward De Carvalho triumphed in the men's quad scull in a winning time of 6:04.86.

New South Wales led at every split down the course to hold off the fast-finishing Great Britain crew of Jonathan Clegg, Jonathan Walton, William Satch and John Preston, by a mere 0.14 seconds. Queensland claimed the bronze medal, some five seconds behind the leading two crews.

World champions revel in world class facilities

A section of the Great Britain rowing team converged on the Australian Institute of Sport in Canberra in January to make use of what are rated some of the best facilities worldwide.

Following on from their success at the 2008 Beijing Olympic Games, where Great Britain topped the rowing tally with three gold medals, Head Coach of Great Britain's women's heavyweight and men's lightweight rowers, Paul Thompson, brought the squads to Australia for a training camp.

Canberra born Thompson, who moved to Great Britain in 2001 and has since established the country as the top ranked nation in world rowing, says the camp provided a crucial stepping stone for the coming season.

"We normally head to Spain in January of each year to get in some good solid training but we wanted to mark the end of the last Olympiad in a different way," Thompson said. "We came down here to Australia and the heavyweight men went to South Africa.

"It was great to get some good, clean water here in Canberra as our training lake in England is currently frozen over. The facilities here are excellent."

A number of the medalists from Beijing made the trip to Australia, along with a few up and coming athletes who are pushing the top rowers in Great Britain, emphasising the current depth in the sport.

This depth was only heightened at the Australian Youth Olympic Festival earlier in January, when British crews walked away with seven of the twelve gold medals on offer.

The squad will remain in Canberra until next Monday before returning home to prepare for the domestic and international rowing seasons in the middle of the year.

Call to streamline high performance sport

The Australian Olympic Committee held a two day High Performance Sports Forum in Homebush earlier this week.

Rowing was represented at the Forum by Andrew Matheson, Matt Draper, Andrew Dee, John Boulton and Colin Smith and following the conclusion of proceedings all came away with a positive outlook.

Here is a copy of the media release issued by the AOC on 4 February following the close of the forum:

The Federal Government will be asked to consider changes to the way it funds Olympic sport by giving the sports themselves a bigger say in the way the money is spent.

The new model would incorporate the Australian Sports Commission (ASC) which currently distributes Government funding amongst the Olympic sports.

The call came at a High Performance Sports Forum at Homebush in Sydney which is being attended by representatives of all Olympic and Paralympic sports, the Australian Olympic Committee, the Australian Institute of Sport (AIS) and the State Institutes and Academies of sport.

"We've got the message from the sports when it comes to funding and policy we need to establish a one stop shop," said AOC President John Coates.

The proposal came during the two-day Forum aimed at developing a plan to put to the Federal Government for extra funding for elite sport.

The High Performance Manager for Football, John Boulton, said there needed to be a national focus with intensive collaboration.

"There is an absolute commitment from the groups going forward. A co-ordinated approach is needed. We need to set up a national leadership group to run it," he said.

He called it a one stop shop for Olympic sports funding.

"We need a one stop shop for high performance funding and support which has a clear focus to take us to success. It needs support from the Federal and State Governments at the highest level".

The plan will include a request to Prime Minister Kevin Rudd for an extra \$100 million a year in funding for Olympic sports. The plan will be presented to the Federal Government in time for the next Budget.

Boulton, who is a former head of the AIS in Canberra, was delivering a report to the Forum after "break out" groups met last night to formulate the funding plan.

He said his group firmly believed the Federal Government should extend the funding cycle past the current four years.

"We need a rolling or a long term funding cycle from the Federal Government of at least 10 years".

Boulton said it was vital the sports have a say in running the new body.

"The ones who are out there getting their hands dirty must have input," he said.

Noonan recycles Olympic experience in push for national title

Almost six months on from the 2008 Beijing Olympic Games and Dan Noonan has pushed past the pain of his fourth place finish in the men's quad scull final.

A third of a second was the difference between an Olympic medal and fourth place, but instead of disappearing into the rowing wilderness Noonan has turned his attention to helping the ambition of some of New South Wales' younger rowers.

Noonan graduated from Saint Ignatius College, Riverview in 1997 but has returned in the last couple of months to take up the position as head coach of the 1st V111. They will travel to Lake Barrington in Tasmania in March to compete at the Australian Rowing Championships.

And by all reports all is well in the world of coaching.

"Transferring from rowing to coaching has been very enjoyable." Noonan said. "I am coaching a great group of blokes and it's great to see them improving through the season.

"It was also a great way to keep me in the sport and share some knowledge I have learnt through my years of rowing."

In 1997 Noonan competed in the Riverview 1st V111 and walked away with a third place at Lake Barrington and twelve years on he is keen to lead his crew to a similar performance.

"My crew is coming along well. We had a good camp in Canberra two weeks ago and we have our first hit out this weekend so we will see how we stand – hopefully well!"

With Beijing fading into the memories and London 2012 now the topic of many conversations, Noonan still has the fire burning in his stomach to continue rowing.

"I am rowing a little at the moment with the Mosman V111 and I will be going to the nationals this year to race a quad and the King's Cup V111," Noonan said. "I won't be contesting selection this year but will be ready to rumble next year."

2008/2009 EVENTS OF INTEREST

Keep up to date with all major rowing events.

DATE	EVENT	LOCATION
2-8 March	Australian Rowing Championships	Lake Barrington, Tasmania
29-31 May	World Cup 1	Banyoles, Spain
19-21 June	World Cup 2	Munich, Germany
10-12 July	World Cup 3	Lucerne, Switzerland
23-26 July	World U23 Championships	Racice, Czech Republic
5-8 August	World Junior Championships	Brive la Gaillarde, France
23-30 August	World Championships	Poznan, Poland

ATHLETE PROFILE

Each month, RA News will feature an athlete profile. In this edition we feature Sam Loch



Home town: Whale Beach, NSW

Place of residence: Watson, ACT

Occupation: Performance Research

Club: UTS

Began rowing: 1996 at The Kings School

Date of birth: 26/06/1983

Height: 186cm

Weight: 92kg

Favourite food: Pizza, Diet Coke

Favourite book: True Blue

Favourite movie: Clockwork Orange

School: The Kings School, Sydney

Current coach: Brian Richardson

Institute/Academy: AIS

Professional goals: Advances in performance research

Sporting hero: Ronnie Coleman

Interests: Hot/Cold recovery, protein, napping, carbohydrate, lactate buffering, compression garments, stretching, sugar free beverages and circuit training

Sponsors and Corporate Supporters

