

Trinity College Rowing Club Newsletter

Season 2009/2010 Issue 1

September, 2009

Season Launch/Information Night

Friday 16th October

Term 4— Week One

Join us for this great social get together! The evening is held at McCabe Court — a picture perfect setting by the river! This is the first event on our rowing calendar for parents and is always an exciting night as we welcome in the new season. Meet up with new families or catch up with familiar faces. New parents have the opportunity to talk, in a relaxed setting, to staff, committee members and other parents about how the club works. The evening will commence at 6.30pm with formalities which include an address by our Director of Rowing, Auxiliary Chairman and brief comments by our the Auxiliary coordinators that assist with the running of the Club. At approximately 7:30 there is a chance to mingle. We encourage you all to come along and enjoy the great unity that belonging to the Rowing Club brings. Nibbles will be supplied. Please BYO drinks.

Don't miss the opportunity to have an enjoyable night out!

**The price of success is hard work, dedication to the job at hand,
and the determination that
whether we win or lose, we have applied the best of ourselves to
the task at hand.**

Vince Lombardi

Presidents Message

Following on from my welcome in the August edition of the newsletter, planning for the season is well under way and the season itself is nearly upon us!

A couple of reminders for the next couple of weeks (further details elsewhere in the newsletter):

Breakfast Duties

These commence at 5.45am on Wednesday 14th October. It is important we get as many helpers as we can, particularly in the first few weeks whilst we introduce all of the new helpers to the process.

Season Launch

The 2009/10 Season launch and information evening follows soon afterwards on Friday 16th October commencing at 6.30pm. This will be an opportunity to have a fun evening and ask any questions about how we can all contribute to help make the coming season as successful as the past.

Rowathon

The Rowathon is set down for the 15th November so keep an eye out for details being sent home with the boys and in the newsletters.

Triathlons

The first triathlon marshalling commitment is also not too far away. It is set down for Saturday 14th November. As always, your support of these events is essential. Colin Macintosh (Triathlon Coordinator) and the year coordinators will be in attendance at the season launch so please consider your commitment for this important aspect of our fundraising and commit to a triathlon.

If every family volunteers for at least one triathlon it means the load can be shared. It is only a maximum 4 hour commitment once during the season. As I said in the previous newsletter, please think seriously about helping out here.

Making a commitment to marshal at a triathlon is one way we can contribute, particularly if we have commitments that don't let us help out in other ways.

I look forward to seeing you all at the Season launch!

DAVID TOMASI
PRESIDENT

From the Director

Firstly I would like to pass on from the Club and all past and present rowers, congratulations to Raymond Kosovich and Catherine Tesoriero on the birth of their son **Luke Anthony Kosovich**. Ray in his time as Rowing Master transformed the club and we are always grateful for his work.

“This is the time we plant the seeds.” This is the most enjoyable part of the season for me, the time of the year to plant the seeds for March! Parents and anyone that has been involved in teaching or coaching young athletes realizes the rewards in seeing young people work to shape their future - that young people are not set in stone and that what they do shapes their destiny. This makes working with them so rewarding. From here until March 2010 some boys will sign up and shape who they are. We try to provide the measure of this improvement and the direction that will steer them to their goals - if they say yes to the program.

I would like to thank a large number of departing coaches - Gavin Russell, Claire Woolfitt, Colin Webster, Greg Wilson and Max Cunningham as they are all moving on. I would like to thank them all for all of their work for our boys.

With such change, all of the other schools, the rest of our school and the rowing community, will be watching to see how Trinity responds to this challenge - we are ready to show the passion that makes up the club. I am excited to say that we have been able to add to our team and the following exceptional coaches have stepped up:

A new teacher from Queensland that has rowed for Queensland and will be announced at the end of the year, for 2010.

Paul Bolton- State Representative at the National Championships and coach at Penrhos, PLC, University and Trinity

Tom Korobeiko - Rower in the Great Britain Junior squad of 2008 and Captain of Boats at York Rowing Club and Junior Coach

Toby Mumford - Rower for Great Britain's National Team and National Champion in Great Britain 2007, Junior Club Coach

Paul Abrahams - Winning Coach of multiple Trinity crews, Old Boy, State Coxswain and National Title holder

Kenny Chan - State and Australian Coxswain, winning the Kings Cup and numerous State and National titles, State Coach of the Men's team.

Mike Higgins - Old Boy, State Youth VIII Coach, Head of Rowing at MLC for 11 years winning 9 1st VIII's and two year 10 VIII's as coach, Trinity Coach

We will be running detailed profiles of our new coaches in coming newsletters and I personally thank them all.

The last major addition to our coaching ranks is Joseph Tamigi. Joe this year celebrates 10 years since winning the 1999 Head of the River in the Trinity 1st VIII. He was a Zurich Scholarship holder and the only rower to beat Stefan Szczerowski in training in that year. Joe has returned to Trinity and displayed his dedication and loyalty by every year offering to fill the hardest role - coordinating the year 9s. As most coaches can't coach at three in the afternoon, Joe sacrificed his coaching to run this area of the club and provide exceptional results but also a backbone of discipline for the Senior years of the club to be built on. Joe is also an exceptional technical coach having been a coordinator at both Perth College and PLC and having coaching success with - 3rd VIII at Trinity and 1st VIII at PC. Joe is currently training for the Busselton Marathon and joined all of the boys to set a 5000m mark for them to chase on the ergo in our first trials.

We are in for an awesome season!

Phil Jurjevich Director of Rowing

Rowing Uniform Dress Guide

Dress Standards	
Training Sessions	Training Gear
Regattas+Saturday Training	Regatta Gear
Rowing Open Day	Neat Casual
Rowers Thanksgiving Mass	Summer uniform
Head of the River Luncheon	Formal Winter Uniform
Rowing Photo for Annual	Racing Singlet & Black Shorts

Training Gear	Regatta Gear
Trinity Rowing Cap	Trinity Rowing Cap
Trinity Sunsmart Training Shirt	Trinity Regatta Shirt (Polo)
Black Shorts	White Trinity Racing Singlet
Named Trinity Water Bottle	Black Trinity Rowing Shorts
Old Joggers	Named Trinity Water Bottle
Trinity Tracksuit when cold/wet	Trinity Tracksuit when cold/wet

What gear does a rower need?

Current at September 2009



Rowing Cap
\$11



Water Bottle
\$3.85



Old Joggers
(may get wet in river)



SUNSMART TRAINING SHIRT \$34.45



Regatta Shirt
\$30.00



Racing Singlet
\$32.00

Year 8 & 9 boys **DO NOT need to buy** a Regatta Shirt or Racing Singlet until they are chosen to compete in their first Regatta. Please do not purchase any items until told to!

ALL family members may buy a Supporters' Shirt (polo) or Cap.

*It is recommended that years 11 & 12 have TWO Training T-Shirts

Dress uniformity is **CRITICAL** to all crews
LABEL ALL CLOTHING BOLDLY

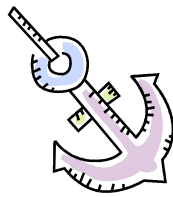


Rowing Shorts
\$38.50

New Clothing Store & Opportunity Shop is open every
Tuesday 7:30 am - 5:30 pm & Friday 7:30 am - 1:30 pm

Skippers Ticket

There will be a Skippers Ticket Course at the Trinity Boatshed on Saturday the 3rd of October. The cost will be \$90 and it will run from 7.00am to 2.00pm Places are limited as the course is being run for towing parents and coaches . Please contact Phil on jurjevich.phil@trinity.wa.edu.au to reserve a position and arrange for one of the theory books.



Year 12 Farewell

There will be a farewell row and BBQ for our leaving year 12s on Thursday the 15th of October. The event will only be for 40 minutes straight after school and representatives of the Old Boys, WAIS and Rowing Australia will be there to talk to the boys. The boys will do a 10 stroke racing piece off the beach and be clapped out by the incoming rowers. They will then enjoy a hot dog and coke and become the new custodians of the shed.

Next meeting of the Rowing Auxiliary:

Monday 2nd November 2009 at 6.30pm in the Staff Room (Room AG14) adjacent to the Rowing Shed. Agenda and Minutes of previous meeting will be circulated to the Rowing Community in the week prior. All members of the community are welcome to attend.

DATES FOR THE SEASON

14th October (Wednesday)	Breakfasts/Training begins
16th October	Rowing Information Night for parents
31st October	Christchurch Time trial (V111's)
7th November	Guildford Regatta—selected crews
15 th November	Rowathon Brunch starting at 8am
6th -13th December	Walpole Camp Seniors

Xmas Boat Shed closure Monday 14th December 2008 - Sunday 3rd 2010

JANUARY 2010

18th—20th January	Camp for Year 9's and 10's
20th January	Family Dinner
20th—23rd January	Camp for Year 11 and 12's

NB All boys row daily this week, even if not at camp

6th February 2010	Aquinas Regatta (Canning Bridge)
13th February 2010	Christchurch Regatta (Canning Bridge)
13th February 2010	Social Night—Mouse Cup Regatta
20th February 2010	Trinity Regatta (Canning Bridge)
24th February 2010	Wesley Indoor Regatta (Ergos)
27th February 2010	Labour Day - Long Weekend General Bye
6th March 2010	Wesley Regatta (Champion Lakes)
13th March 2010	Scotch Regatta (Champion Lakes)
20th March 2010	Hale Regatta (Champion Lakes)
24th March 2010	Head of River Mass
27th March 2010	Head of the River (Champion Lakes)

Training Times over September/October School Holidays

Tuesday 29th September	Year 10, 11, 12	7-10am	
Thursday 1st October	Year 10, 11, 12	7-10am	
Saturday 3rd October	Year 10 Optional 7-9am		Year 11, 12 6.30- 10am
Tuesday 6th October	Year 10, 11, 12	7-10am	
Thursday 8th October	Year 10, 11, 12	7-10am	
Saturday 10th October	Year 10 Optional 7-9am		Year 11, 12 6.30- 10am

Training Days and Times/Breakfast Schedules Term 4

Year 8 (Year 9 in 2010)

- Monday, Wednesday 3 - 5 pm (Not Monday 12th October)
- Friday 1 – 3 pm

Year 9 (Year 10 in 2010)

- Weeks 1-3 Tuesday, Thursday 3 – 5 pm
 - Friday 1 - 3 pm
 - Week 4 onwards Tuesday, Thursday 6 - 8 am
- Breakfast provided mornings**
- Saturdays 7 -10 am

Seniors (Years 11 and 12 in 2010)

- Tuesday, Wednesday, Thursday 5:45 – 8 am
(Start 14th October)
- Breakfast provided.**
- Weights Monday, Wednesday 3– 5 pm Friday 2:30-4.30 pm
 - Saturdays 6:30 – 10 am row and weights.



KEEP FREE

Saturday 13th February 2010

Because they're back!



Coxswains Scout the Guildford Course

On Saturday the 24th October when all of the rowers will be doing the 2nd Time Trial all Coxswains from year 9 - 11 will be taken over the Guildford course in coaches boats to familiarize them with the course. They will need to be at the shed by 6.30 and will be finished by 10.00am.

Kitchen Reopens

Wednesday 14th October is the first day of breakfasts. Our Seniors are fed a hearty breakfast on Tuesdays, Wednesdays and Thursdays. In week 4 our Year 9's (Year 10 2010) will join the hungry group! Please come in if you are able to help prepare, serve or wash up for our boys. If you have the time to stay for a while after preparation is complete you can wander off for a walk or sit by the river in the fresh air or enjoy a cup of tea and coffee and have something to eat as well! You will enjoy being part of the happy group of mums and dads that gather together to do something to help our sons and coaches be ready for the day after a hard training session.



About Rowing . . .

We are all excited about the coming Rowing Season. Some of us though are facing the sport for the first time with our sons becoming involved in an activity that not many have the opportunity to try. For those newer faces among us, there are some important things you should know.

At times you may be somewhat confused when you hear your son is in Year 9 when he is really still in Year 8. Likewise for all year levels — Year 9's are 10's, 10's are 11's and 11's become 12's!!!! No - he has not jumped a year without you knowing about it. The Rowing season crosses the end of one year and the beginning of another. So for ease of communication your boys will be put up a year just a little before it really happens. Do not panic!

We are a few days away from the AFL Premiership being decided, so if your head is in football land you need to recognize some subtle changes in terminology when you are a rowing parent. There is no premiership table (to be explained in another newsletter) Your son will not be a player! He will be a rower. He will not be in a team — he will be part of a crew. He will have a coach and he will go to training (that's familiar) but he will do endless ergos and may have to seat race or scull to determine his place in a crew—all very different from pre-season training, skill sessions and scratch matches. Are you confused? There is more!

If your son is in an VIII (that is how many boys are rowing) it will seem like the back of a boat is the front, but it is not! This applies to any rowing vessel. There is a bow man, number 2, 3, 4, 5, 6, 7 and a stroke — he is at the front but does not get to go across the finish line first! The little guy facing the rowers at the front of the boat, without an oar, is a coxswain but he is NOT a rower! What does he do?

Read the next newsletter.