

MURWILLUMBAH ROWING CLUB "RAMBLINGS"

32



April 2023

May Birthdays:

Will Dalglish	9 th May
Tim Rose	13 th May
Mark Manteit	14 th May
Tamsin Brew	20 th May
David Reece	22 nd May



Executive:

President – Roland Jahnke
Vice President – Rob Gee/Tamsin Brew
Treasurer – Jenny Culley
Secretary – Helen Albury

Committee Members:

Paul Barnes
Rob Blanch
Michael Mills

Club Captain:

Scott O'Reilly

President Rol

Greetings members,

A massive congratulations to Scott O'Reilly and Doug Cryer on their selection for the Queensland State Masters 4x. It is fantastic to see MRC rowers making up 50% of the State crew and we will be cheering you on in the Interstate race in Sydney in June.

Another busy month that included preparations for our Bunnings Fundraiser (see below – what a huge success!), Clay Without Borders event on 6 - 7 May, upcoming State and National championships, preparing to sign the Funding Agreement for the grant for the ramp, It Ain't Half HoTT regatta (date to be confirmed) and importantly the Northern Rivers Rowing Association (NRRA) AGM.

NRRA is critically important for the growth of rowing in the Northern Rivers and there are executive positions vacant – President, Vice President, amongst other roles to be filled at the AGM which will be held on 6 May at Laurie Lynche's residence at Lennox Head. A new executive team is needed to represent the voice and voting rights for all our member clubs within the Northern Rivers at Rowing NSW. NRRA has keenly supported MRC over the years and regattas have provided substantial funding to our club. Please assist NRRA over the coming 12 months since rowing in the Northern River's Region is struggling and this can only be overcome with a strong executive. I appreciate that not all of us have the time to commit to an executive role, but we all have an obligation to support clubs and the sport of rowing when times are tough.

Safe Rowing 😊 Rol



A reminder about the National Integrity framework that all sporting clubs are signed up to:
<https://rowingaustralia.com.au/rowing-australia-adoption-of-the-national-integrity-framework-effective-30-june-2022/>

WHAT IS THE NATIONAL INTEGRITY FRAMEWORK?

The **National Integrity Framework** is a suite of policies adopted by your sport which will set out rules for unacceptable behaviour in your sport and change the way Complaints about breaches of these rules are managed.

The Framework was developed by the independent government agency Sport Integrity Australia to keep your sport safe and fair.

The Framework is essentially a set of rules that all members of your sport need to follow when it comes to their behaviour and conduct in your sport.

The six policies which make up the National Integrity Framework are:

- 1 National Integrity Framework Policy
- 2 Child Safeguarding Policy
- 3 Competition Manipulation and Sports Wagering Policy
- 4 Member Protection Policy
- 5 Improper Use of Drugs & Medicines Policy
- 6 Complaints, Disputes and Disciplines Policy

Ramp Update:

Since the last update, we have been finalising documentation with the Office of Sport, who will send us the funding agreement for execution in the near future. Once that has been executed, the Office of Sport will release the first tranche of funds to us.

Fundraising Update



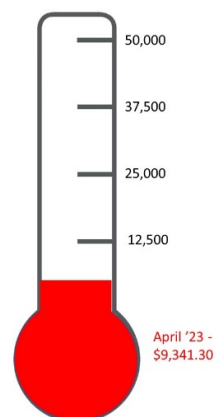
Thank you to the amazing Chez Pottery who donated 50% of the proceeds from the sale of these wonderful jugs to the Club - \$225!

This generous donation, together with

- **\$2,978.10** raised by the huge efforts of the Club at the latest Bunnings Sausage Sizzle
- \$200 raised by the raffle at the Easter Row (huge thank you to Noelle and David Dalgliesh for the amazing prizes they donated)
- Return and Earn
- other donations

has given us a total of **\$3,943** raised this month.

This brings the total funds raised so far to **\$9,341.30**. The Clay Without Borders event on 6 and 7 May (see below) will help boost this number further! A fabulous month for fundraising! Let's try and hit the \$10,000 mark next month!



Caption This!

Macca was caught lying down on the job at the Easter Row and the picture is begging to be captioned! Please send your caption ideas to MRCRamblings@gmail.com and we'll publish the winner in the next Ramblings.



**SAFETY
MATTERS!**

As part of improving the Club's safety management procedures, you will see a new 'Risk Advisory Board' placed on the noticeboard at the entrance to the Club. **This whiteboard is to be used BY ALL MEMBERS to let everyone know of any new hazards or risks on the river.** A perfect example is the large tree that was lodged in the middle of the river just before the boat ramp at Condong. (This has now moved downstream and its latest position (as of 24/4) is in the middle of the river between the red and green buoys). We ask that the first (or one of the first) rowers to encounter this tree (or any similar new hazard) should alert other Club members by:

1. Updating the new Risk Advisory Board (whiteboard) at the entrance to the Club
2. Advising the Club Captain, the Safety Officers and the Secretary, so they can make sure as many people as possible know about it (a single email to all these people is enough)

We all have a responsibility to let other club members know about any new risks or potential dangers.

History Report – April 2023

The month commenced with some extremely good news. Our application for a Grant to build a launching ramp to replace the beach that was lost in the 2022 flood was successful. The club is now able to proceed with the final planning of the project and hopefully construction can soon commence. The future is more assured as with an adequate launching facility, rowing events and associated fundraising opportunities on our course can resume. The committee convened a club meeting on Saturday morning to explain the project to the membership.

The first regatta in March was held in Grafton on the first weekend of the month. A small team of only seven men and two women attended a very small regatta which was held in remarkably calm conditions. The competition was not strong, consequently Murwillumbah members won all of the events that they entered. The short regatta was memorable as Jack Wilson won his first medal. All of our competitors who attended had an enjoyable day.

A collage of images of the Grafton Regatta supplied by Louise McMillan. It was a successful regatta for Jack Wilson, who won his first medal.



The next event was the Scenic Rim Regatta held on the Wyaralong Course on Saturday 18th. This was an important dress rehearsal for the Queensland Masters Championships and also a series of trials for the selection of the Queensland State Team for the Australian Masters Championships Regatta which will be held on the Sydney International Rowing Course later in the year. The regatta was held in calm but extremely hot weather, consequently it had to be cancelled half way through the program, which was extremely disappointing for some of our members who had entered in later events. Our team performed commendably in some of the early events achieving some wins and several placings. Both Scott and Doug were successful in gaining selection for the Queensland Mens Masters Quad team.



Above Left - Louise and Dagmar boating up for a Women's Double Scull event which did not eventuate because of the heat. Photograph by Michelle Johnston. Above Right - Winners are grinners. Michelle J and Tamsin after winning a Women's Masters' Pair event.

Commercial Rowing Club held a training camp on our course during the last weekend of the month. Daylight saving concluded at the end of the month which was some relief to members who train during the early morning session as they were no longer required to fit navigation lights to their rowing shells (for a few weeks!).

Photographs supplied by Louise McMillan, Michelle Johnston and Rob Blanch. Text by Rob Blanch

12 TRAINING PRINCIPALS FOR MASTERS ATHLETES

SUMMARISED FROM A PAPER PRODUCED BY PROFESSOR REABURN WHO IS HEAD OF EXERCISE AND SPORTS SCIENCE BOND UNIVERSITY

Masters athletes wishing to improve their endurance, speed, power, and strength should base their training on the following 12 guiding principles.

1. **SPECIFICITY.** Often masters athletes train for speed events, while employing endurance training methods. Train smart by training specifically.
2. **PROGRESSIVE OVERLOAD.** Training needs to place demands on the body. The body adapts if the training is regular and normal. Once the body has adapted, it is time to again overload.
3. **BE PREPARED TO ADAPT SLOWLY.** For masters, the rule of thumb is 'start low and build slowly'.
4. **TRAIN INTENSELY.** Regardless of your age, training intensely is the key to success in sport.
5. **USE INTENSITY SPARINGLY.** No more than 3 INTENSE workouts per week even if you are experienced and competitive. These intense workouts should be followed by easy workouts.
6. **ALWAYS WARM UP AND COOL DOWN.** This habit will not only help to prevent injuries but also reduce the risk of a cardiac event. In addition, warming up and cooling down, before and after exercise contributes to the athletes maximizing their performances.
7. **DO FLEXIBILITY TRAINING.** Research shows that flexibility decreases as we age, particularly at the hip joint (rowers note). Apart from performance enhancement, the main reason for including flexibility training in your workouts is to prevent injury. Serious stretching should be carried out 2- 3 times per week.
8. **STRENGTH TRAIN ALL YEAR ROUND.** Muscle mass and strength of masters drops as we age, especially after the age of 65, regardless of the amount of high intensity training. Thus, the older you are, the more important strength training becomes.
9. **PERIODISE YOUR TRAINING.** Periodising your training involves working hard at times and easy at other times. Training the same way every day, week in and week out, is not the way to train effectively.
10. **RECOVER HARD AND SMART.** The older athlete needs to focus on not only physical recovery strategies, but also on the nutritional needs of the body. Recovery can include eating and drinking immediately after training, also spas, massage, light swims, or recovery jogs.
11. **BE CONSISTENT.** Many aging athletes, become sick, or injured or suffer from burnout. This is generally due to pushing too hard without allowing for sufficient recovery time. Consistent training, NOT hard training, is the smart way to train.
12. **LISTEN TO YOUR BODY.** If the body is weary, muscles are niggling, or you are feeling tired, then listen to your body, and ease back with your training, or rest completely.

John Macdonald 20/4/23

Clay without Borders

As well as the Clay Without Borders potters, a number of artists associated with MRC will be participating in the Market Event taking place at the club on 6th and 7th of May. The club will also be fundraising through providing refreshments and running a raffle. A number of volunteers will be required, and Helen has sent out an email asking for your help in what is a significant fundraising event for the club.



Pottery Sale

Many exhibitors
Two locations - Two days

MAY MARKET

Murwillumbah Rowing Club
33 Tumbulgum Road
Murwillumbah

CWB Sales to benefit the Rowing Club
Helping the club recover from flood damage



Murwillumbah Potters
76 Fernvale Road
Fernvale

Murbah Potters exhibiting the same weekend
Visit Murbah Potters at Fernvale



Sat/Sun 6/7 May

10:00am - 4:00pm

Support Murbah Rowing Club flood recovery
Buy something unique for Mothers' Day





Also Exhibition of works by local artists



Refreshments available

MRC cleaning rosters - May – July 2023

Date/ Area	Ladies & Disabled Bathrooms	Mens bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets
May	Petra MJ	Delf Scott	Ron John R	Lou
June	Jo M Helen A	Bob M Gary	Mark T Millsy	Mark M
July	Jan Jacqui	Roland Chris L	Will D David	Lori

Notes-

- Jobs to be done at least twice in the month, some may require more than that.
- The cleaning products for downstairs are stored in the cupboard near front door. Cleaning products for upstairs are in the office.
- Bathrooms -You may want to divide the tasks between the 2 people on so that the jobs can be done when it is convenient to the person, e.g., one person does toilets and basin, one person sweeps and washes floors and other clean the showers.
- The sweepers are to make sure the sanitizers in the areas apart from bathrooms are kept filled.

Calendar of Events – May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Clay Without Borders Market Day @MRC
7 Clay Without Borders Market Day @MRC	8	9	10 Exec Committee Meeting	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

Australian Masters – Sydney 1st – 4th June (Note boats are likely to be away from the club for this period and a few days longer)

If you have any items that you would like to include in the next Ramblings, please email to MRCRamblings@gmail.com by 20th of the month.