



MURWILLUMBAH ROWING CLUB "RAMBLINGS"

40



December 2023

January 2024



Pacey Rogers	3 rd January
Rob Blanch	5 th January
Helen Lloyd	13 th January
Scott O'Reilly	13 th January
Alexander Andrew	19 th January

Executive:

President – Rob Gee
Vice President – Tamsin Brew
Treasurer – Jenny Culley
Secretary – Tamsin Brew

Committee Members:

Paul Barnes
Michael Mills
Helen Albury
Lori Sword

Club Captain:

Scott O'Reilly

President

Welcome to our December edition! What a year it has been for the Club and it was great to be able to celebrate with many of you at our Awards Night / Christmas function 2 weeks ago – a great competitive / rebuilding year – hopefully a prelude to what we may be able to achieve as a Club once our river access is fully restored. I must say that our first "capsize drill" this month was a great success and I think we all learnt a lot – we will be running another for those who missed out early next year!

In terms of safety on the water, we have recently had a few "near misses" with crews travelling in opposite directions. These have mostly occurred close to / exiting bends and we would ask everyone to take extra care to always keep your bow-side close to the bank. Please be extra careful when navigating bends to look and check mirrors every few strokes. Also, if you see any issues, please do shout out to alert crews so we can help keep each other safe!

Thanks again for the great support by so many in our fundraising of late and remember, if you are looking for that late Christmas gift for someone near and dear, or yourself, we still have Calendars with the magnificent photos you selected ready for immediate delivery! Please keep **Saturday 20th January** free for our "Working Bee" that morning to help spruce up around the Club!

Grafton regatta was held on 9th December with all MRC competitors coming away with at least one win and Scott and Millsy excelling with three wins each! Well done to our whole team!

Have a great Christmas and New Year and I hope to see many of you on Christmas morning for a quick Santa Row and coffee!

Rob





Christmas Morning Club Row – 6am Christmas Day

Come for a festive Christmas morning row!

Meet 6am at the Club on Christmas Day and bring some festive refreshments to share after the row.

Santa hats, antlers, tinsel, or other festive attire are obligatory!

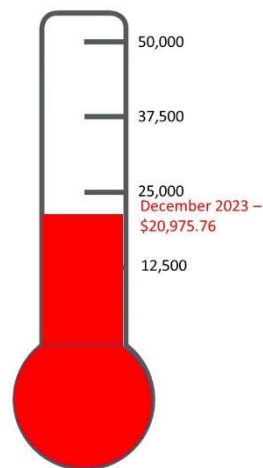
Fundraising Update

Thank you to all those who sweltered on a hot BBQ at Bunnings last weekend! In the soaring temperatures, we raised a total of \$2,366, a great boost to the fundraising total, which this month reached **\$20,975**.

That means that we have raised a total of **\$15,460** this calendar year. Amazing work!

Also thank you to everyone voting relentlessly for MRC in the December round of Greater Bank's Community Funding. Votes are currently being tallied (as they say!) and we'll let you know the outcome as soon as we have the results.

The Club still has 2024 calendars for sale. There is still time to hand deliver them for Christmas and you could always make it a New Year present! Email MRCRamblings@gmail.com or complete an order form at the Club and leave it in the drop box by the front door. The pictures are stunning and all proceeds go towards the ramp!



New Member Focus

Hector Purcell

What is it that attracted you to rowing and have you been involved in many other sports before? My dad's family is Irish and have all competed in rowing so it was a given that I would have a go at it when I was old enough. My Auntie visited the club years ago when she was over visiting from Ireland and loved being part of the club while she was here.

Scull or sweep preference? Scull

Favourite food? Philly Cheese Steaks

What do you like to do when you aren't rowing? Basketball

Something not many people know about you? I can name every country's flag in the world.

History Report – November 2023

Crews were training for the Grafton Regatta but unfortunately it was cancelled again this year because of lack of entries.

Doug entered an indoor rowing competition on the ergometer and put up a very impressive score, which was good enough to post the third best time. Well done. Chris and Gary participated in the Head of the Yarra in a composite eight with members from the Toowong Rowing Club. They recorded a good time and enjoyed the event.

Training has commenced for a Grafton regatta early in December and hopefully this one will secure enough entries to go ahead. The weather conditions have been cloudy but reasonably cool and fine with calm water, ideal conditions for training.

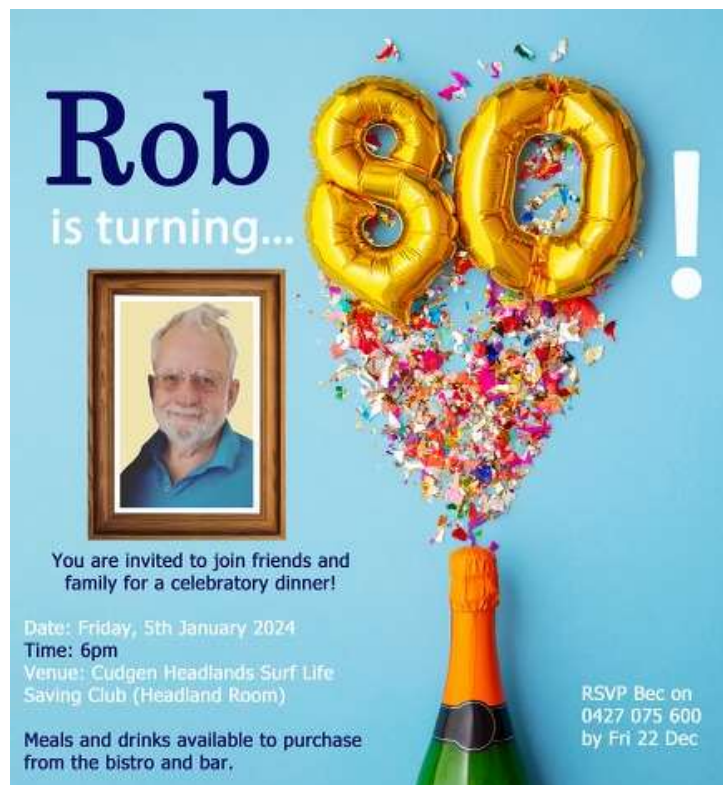




The club conducted a capsizing drill in the river near our launching area as part of its safety program. The morning was a success with several rowers demonstrating their skill in reboarding a single scull after a capsize. It was followed by an enjoyable morning tea ie coffee and cake at the club.

It was all action during the capsizing drill. Jan is returning to the bank under the watchful supervision of the safety patrol, while John M has deliberately fallen in and is retrieving his oars.

Text and photograph by Rob Blanch.



Why Rest Days Are Important and How to Know If You Need One

Courtesy of <https://ucanrow2.com/>

When was the last time you took a rest day or even rest days away from your workouts or your regular routine in another way? Like the kind where you literally did NOTHING, and you planned it that way.

If your answer is "Uhhh, I don't remember my last rest day," or "training breaks are for wusses," this is your invitation to rethink that.

Why Rest Is Important

Often you make more progress if you slow down and take it easy, at least a day or two a week.





If You Need More Reasons to Look at Taking the Pedal Off the Gas and Give Yourself a Rest Day – Or Two Or Six – Here You Go:

3 Reasons to Take a Rest Day

1. Rest Is Essential to Fitness Progress

As we say about training, "You progress in the rest." The workout is the stimulus for change, but the recovery IS the change. That's when the muscles are resting and growing after being stressed. You see, workouts create tiny tears in your muscle fibres. It's during the rest period that they repair themselves and actually grow stronger. Something to keep in mind: The general rule is you need at least 24-48 hours to recover from a workout.

The older we get, the longer the recovery time.

So don't feel like you "should" be working out as much as possible. In fact, it may very well be the opposite.

2. Improved Performance in Your Workouts

Rest helps you keep your mental and physical edge: A little time off from rowing will do wonders for your performance when you do get back to it. Think about what happens when you have a long push at work or at home. The more tired you get, the less effective you are. Eventually, you realize that something that took you only a short time when you were fresh is taking way longer, and you may not be doing it as well no matter how hard you try. It's the same with your workouts. If all you ever do is push, your splits will eventually fall off or you'll notice you're not making progress the way you used to.

By the way, "a little time off" doesn't have to mean a rest day or two a week.

If your mental or physical performance is really suffering and you're showing signs of overtraining, you may need to take a longer break.

Unless you're training for something right now (and even if you are) we promise the world won't come to an end if your planned weight or erg session becomes a fun day at the pool, an easy-breezy walk or bike ride, or an afternoon in a comfy chair with a good book.

You'd have to do absolutely nothing for two weeks or more before you'd really feel the effects of any deconditioning. So, kick back, relax, and restore.

3. Reduce the Risk of Injury

By resting you prevent overuse of your muscles, and that in turn prevents injury. Rowing is inherently safe and low impact, but it is also a repetitive motion. So, taking a break every once in a while, just makes sense to be sure nothing is aggravated.

If all you're doing is going, going, going, whether in your workouts, your work, or some other aspect of your life, you will eventually break down. Bet money on it.

How Many Rest Days a Week Should I Take?

The right answer will vary from person to person, but the general consensus is 1-2 for most people. One of those can be "active rest" where you're just getting out and moving for fun. One day of complete rest can be a performance and recovery game changer and is HIGHLY recommended.

If you're not sleeping as well as you'd like, try resting MORE. While exercise can be great for sleep, you may have gathered at this point that too much of a good thing is still too much. Exercise stimulates our stress hormones, so if the body doesn't have sufficient time to recover that can show up in disrupted sleep.

How To Make the Most of Your Rest Days

3 good reasons why taking some time off from working out might be just what you need.

1. SLEEP IN – Nothing helps you restore your hard-worked muscles like some good shut-eye.
2. BUMP UP THE PROTEIN – It'll help you rebuild that muscle you damaged in your workout.





3. HYDRATE, HYDRATE, HYDRATE – We need hydration ALL the time, not just when we're working out or being active. Don't worry about some scientific calculation of how much to drink. If you're peeing clear, you're good.

4. MOVE IF YOU MUST, BUT GENTLY – If spending the day on the couch is more than you can manage, limit yourself to gentle movement that doesn't get your heart rate up. Think a stroll or VERY light row or bike ride. If you're sore and need some active recovery, 30 minutes-ish or so should be plenty.

So, consider this your hall pass to go find a hammock or a cozy couch and a big old glass of tea or lemonade. We'll see you there!



Boat Damage

There have been a few instances of damage to boats not being reported to Scott. If damage goes unrepaired, our boats will deteriorate very quickly. Please let Scott know of any damage so it can be fixed quickly (and thank you, Roland, for spotting and raising the damage on one of the quads).

Capsize Drill – Take 2

The capsize drill was a great success, with many participants keen to give it another try. Special thanks to Paul and Millsy, our water-based supervisors! So, by popular demand, we'll be holding a second one on 10th February and encourage everyone to come along and give it a try.

MRC cleaning roster - January 2024

Date/ Area	Ladies & Disabled Bathrooms	Men's bathroom	Sweeping shed- using brooms	Upstairs floors, kitchen & toilets	Safety Audit (1 member + 1 Exec Committee)
Jan	Jan Jacqui	Roland Chris L	Will D David	Lori	MJ + Tamsin

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.
- The safety audit is conducted monthly by a club member and a member of the Exec Committee reviewing the various items on the Rowing Queensland safety audit checklist. The Exec Committee member will bring the checklist.


Working Bee

There will be a Working Bee at the shed on **Saturday 20th January** to do some maintenance and tidy up around the shed. If there are jobs you know that need to be added to the list, please let Helen Albury know.





Calendar of Events – January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
			← QAS Training Camp @ MRC 3 – 13 January →			
					Rob Blanch's 80th	Trinity Lutheran College camp
7	8	9	10	11	12	13
←		QAS Training Camp @ MRC 3 – 13 January				→
Trinity Lutheran College camp						
14	15	16	17	18	19	20
						Working Bee 
21	22	23	24	25	26	27
				Tweed Shire Council Australia Day Awards	Edward Trickett Row & Boat Naming	
28	29	30	31			

January is going to be a busy month for visitors. More details to follow

February

3-4 February – Dragons R.C. holding camp at MRC

10th February- Capsize Drill at the Club

17th February- Lake Wyaralong Masters

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

