



North Cronulla Boat Section

Newsletter

September 2015

Welcome to the 2015 / 2016 Boat Rowing Season.

Welcome back to all rowers, sweeps, coaches and mentors who are returning for another year at NCSLSC. Blueys back! And he has brought with him his open women's crew - 'one of the best in Australia'. It will be great to see the Lea family back in the North Cronulla tent.

A very warm welcome is extended to all new members who are joining North Cronulla for the first time. Special welcome to Mark "Squidgy" McDonald and his crews

It's great to see so many of our section enthusiastic and already preparing for the season ahead. We currently have **three Junior Crews, three Colts Crews, one 'A' Crew, two Open Women's Crew, five U/23 Women's Crew and three Reserves/ Veteran Crews and one Reserve Crew on the water!** As per previous years, each crew needs a 'captain' to be responsible for communication between the crew, the sweep, myself and Sheridan.

It is expected that all competitors are financial and proficient. Please call, email or visit the office if you are not yet financial and please check the Proficiency dates below to ensure you are able to compete in the coming months. It is recommended that you attend one of the early proficiency dates at North Cronulla to avoid disappointment once carnivals roll round.

PROFICENCY DATES:

Jason Gollan has agreed to a 'section proficiency' for us on Sunday 18th October at 8.30AM sharp to make it easily accessible for everyone to attend as we will all be present at our section training session. Confirmation of this proficiency date will be sent via Messenger.

Other dates for North Cronulla are Sundays 27/9, 11/10, 15/11, 29/11, 13/12 & 20/12 all at 11AM

South Coast Series

We have been invited to participate in the South Coast series again this year. This is a well-run series and the best crews in Australia attend. **Any crew who intends on competing please inform me ASAP as we need to enter by no later than FRIDAY 25th September.**

ASRL

This year the ASRL have a boat up for grabs in their series. The more ASRL carnivals we attend the more chances we have of winning a boat for our club. Carnivals are rated by tokens. Let's see how many carnivals we can do!

Please inform Sheridan or myself if your crew intends on competing at any carnivals below and we will place your entries.

Dates to Remember:

- 10 Oct Rooster's River Run - 7 Boats are entered**
- 18 Oct Boat Section Surf Training Session. Sunday – 630am Start!**
Brekkie served following training. All welcome.
- 25 Oct Hogs Breath Lunch- All invited. Sunday 1pm \$40/head. Drinks at good prices**
- 30 Oct Kurt Drysdale Fundraiser – Panorama House 6.30pm**
- 7 Nov South Coast Series 1 Mollymook**
- 14 Nov Ocean Thunder- Round 1**
- 6 Dec North Cronulla SLSC Boat Launching – Southern Fasteners(6th December)**
- 21 Nov Newport and Macksville Scott's Head**
- 22 Nov Garie Dash**
All rowers are encouraged to participate in this short course event. Presentation will be held at the conclusion of the competition. This is a great family day and an opportunity for our younger crews to have their first race.
- 28/29 Nov NSW Coffs and Mollymook-- ASRL Boat token awarded**
- 5 Dec South Coast Boat Series 2 - Venue: Wollongong City + ASRL Navy Launch QLD**
- 12 Dec Ocean Thunder- Round 2**
- 19 Dec North Cronulla Christmas Carnival- Followed by Hawaiian night**
- 20 Dec ASRL National Selection**
- 23 Dec Chrissy Row**
- 2nd/3rd Jan George Bass Marathon**
Two master's crews have committed to this event so far. If you're available to assist on land please contact Adam Purdie.

9 Jan	Ocean Thunder – Round 3
10 Jan	Young guns Collaroy- ASRL Boat token awarded
16 Jan	Section Training Session (BBQ at Bof's)
23/24 Jan	Manly- Navy -- ASRL Boat token awarded x – Short Course
26 Jan	Freshwater
30 Jan	South Coast Boat Series 3 – Venue: Bulli
6 Feb	Ocean Thunder – Round 4
7 Feb	Interclub - Wanda
13 Feb	Branch – Maroubra TBC
18 Feb	ASRL Shell Harbour - -- ASRL Boat token awarded x4
19 Feb	ASRL Shell Harbour - -- ASRL Boat token awarded x5
20 Feb	ASRL Shell Harbour - -- ASRL Boat token awarded x6
21 Feb	ASRL Shell Harbour - -- ASRL Boat token awarded x7
27/28 Feb	Pacific Palms
11-13 Mar	STATE SLS Carnival -OCEAN BEACH Umina
19 Mar	South Coast Series 4 -Warilla Barrack Point
2 Apr	Best Of the Best -Venue TBA
3 Apr	Wanda Carnival Boats TBC
20-24 Apr	AUSTRALIAN SLS Carnival Alexandra Headlands.

If your crew is willing to commit to the State and Australian Surf Lifesaving carnivals it is recommended that you book your accommodation sooner rather than later!

Please note: Dates are subject to change and updates will be communicated via newsletters and social media.

Important information

Be aware of your patrol dates. You must have a sub if you need to attend a carnival; otherwise you place the whole club in jeopardy. There is a North Cronulla Patrol Facebook Page if you need to make contact to organise subs within the club.

Book your boat by writing it on the black board in the Boat shed. Please be mindful that we are all sharing the equipment. Please be on time and make sure equipment is washed before being put away.

Most crews have now made a commitment to train and race together, please make sure you find a replacement via Facebook or Messenger if you can't make your crews session. Help other crews out as much as you can.

Everyone is expected to lend a hand at the club and on the beach at carnivals when necessary. This includes: setting up the tent (moving the tent!) carrying boats, cleaning equipment, fixing equipment, selling raffle tickets

Our Sweeps give up a lot of their time to stand at the back of the boat for a variety of crews. They play an integral part within our section. Please show them the respect that they deserve.

All up to date communication will appear on the North Cronulla Boaties Facebook page and via Messenger

Fitness

If you are not training on the ergo's or on the water rowing don't forget to improve your strength and fitness by attending sessions at the club each week.

Monday – Circuits – Gym 5.30pm. This is a great, quick session involving high reps/low weight. Great for the young (and not so young).

Thursday – Tom's Boxing – Ballroom 6pm. BYO boxing gloves. This is always a great workout and has been very popular all year round.

Sunday Sandhill's 6.30am- Will return – Stay tuned! All crews and sweeps are invited and encouraged to attend!

Technique

Throughout winter I gathered a few knowledgeable heads (Donny, Dog, Vaughan Meldrum, and Tommy Chapman) together to work out our North Cronulla technique and how to teach it. We had a follow up with sweeps and now Tom has put on paper what the new technique looks like. New rowers will be taught this technique and sweeps and trainers will make all rowers aware of changes.

Apparel

North Cronulla Boaties apparel is available for purchase through Sheridan and Glen Maree at the office. It is expected that all NC Boaties will be wearing a white long sleeve boaties shirt at the North Cronulla Christmas Carnival.

Thank You!

Col Mulhall – Southern Fasteners for once again contributing to the purchase of a Surf Boat.

Brain Trouville for his expertise in everything about training and our program.

Tom Chapman - Trainer - Thanks for allowing NC members the opportunity to maintain a level of fitness over winter

Donny and Dog – Thank you for training the Junior's, Colt's and U/23 girls.

Corey Bocking from the Performance Training Institute. Corey has provided us with a new updated weights program on the wall in the gym.

Ben and Sheridan who both work very hard (24hrs a day) to keep our section on track.

Big thanks also to Linda and Sooty who always help out when called on.

Thank you to our Major sponsors; Hogs Breath Café Cronulla, Southern Fasteners, The Dolden Boys, P and R Lift Cars, Rodger Humphry, Brian Salisbury, Go Electrical Taren Point, Dean “Wokeye’ Bartlett, Attwells Kitchens, MJB Plumbing and Cronulla Smash Repairs. Our section can’t survive without sponsors and we appreciate their generous support.

Special thanks to ‘Wokeye’ who has been part of our section for the last 20 years. We appreciate his endless support from photography, sponsorship, donations of helmets, caps, shirts and jackets and for running our raffles each week at Northies and Caringbah inn. If you can spare an hour on Friday evening let him know. Without Wokeye’s generous contribution we would not be in a position to purchase a new trailer this year.

Team Work.

There continues to be a strong sense of mutual respect driving out section. The more we train together and support each other the stronger our section will become. The younger rowers have benefited greatly by the assistance of our more experienced members and everyone gets in and lends a hand whenever needed. Team work plays a crucial part in the success of our section and I am sure this will continue to take our results to the next level this season.

Looking forward to another busy boat rowing season for the mighty Blue and Gold.

Michael Bofinger

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