

ROWING HIGHLIGHTS FOR THE WEEK ENDING 9 October 2009

▪ Australian Universities Championships

SASI rowers **James McRae**, **Ned Kinnear**, **Tom Shelton**, **Tom Sullivan**, **Owen Girardi**, **John Jackson** and **Jessica Molsher-Jones** recently competed for their various universities at the Australian Universities Championships, held in Canberra from October 1 - 3. James, Ned, Tom, Tom and Owen were members of the Adelaide University Men's 8+ which won the prestigious Oxford and Cambridge cup. This is the first time Adelaide has won this event since 1979.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 4 SEPTEMBER 2009

▪ World Rowing Championships in Poznan, Poland

The Australian Women's four crew which contained SASI Athlete **Laura Osti**, raced well in the A Final to finish just outside the medals in 4th place. The Australians started well but as the race progressed the more experienced crews moved ahead with the Australians holding off a fast finishing Belarus.

SASI's **Bryn Coudraye** was a member of the Australian Men's eight, which won the B final at the world championships to finish 7th overall. The Australians were unlucky to miss the A final but raced well in the B final against some quality crews to finish the regatta on a winning note.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 28 AUGUST 2009

▪ Junior World Rowing Championships

The Australian Women's Coxless four, which included SASI scholarship holders **Jessica Molsher-Jones** and **Peta White**, won the gold medal in the women's four after a commanding row in the final. They were the quickest qualifiers for the final from their heat on the opening day and always looked in control of the final, leading from start to finish. The girls broke out to over a one second lead after the first 500m over Great Britain and extended this during the middle part of the race. The Australian girls, cheered on by their support crew, powered to the line to win in a time of 6:48.18, three seconds clear of Great Britain with China claiming the bronze medal.

Stroke of the women's four crew, **Jessica Molsher-Jones**, was ecstatic with the performance after the race. "We have been training really hard for this and we were able to pull off a great race on the day," she said. "We didn't expect to have such a good lead through the first 500m but were able to build on it and had over a boat length over Great Britain at the line. It is a great feeling."

This success also highlights the strength of the SASI development programs with **Peta White** learning to row as a result of the SASI Talent Search Program

- **SASI at the 2009 ACF World Rowing Championships in Poznan, Poland**

SASI Athlete **Matt Bolt** finished second in the men's single scull spares race at the 2009 ICF World Rowing Championships in Poznan, Poland behind Germany. Racing commenced on Sunday 23rd August and Bolt provided cover for all the males crews at the regatta.

Earlier in the international season Bolt was part of the Under 23 men's quad scull that won bronze at the Under 23 World Rowing Championships, before he joined the Senior A squad shortly before they flew out from Australia.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 31 JULY 2009

- **Results from the Under 23 World Championships**

The World Under 23 Championships have just been completed in Raice, CZE, where two coaches and three athletes represented SASI.

Jason Lane, SASI Head Coach, has been coaching the Australian Women's Lightweight Quad Scull since his arrival at SASI in early June. The Australian's were placed 4th after the first quarter of the race but made their move in the second half of the race to come away with a bronze medal. The Australian Men's Quad Scull comprised of two SASI Athletes, **Matthew Bolt** and **James McRae** and coached by SASI Rowing Coach **Zoltan Shepherd**. Australia was in fifth place through the first 500m of the race as France set the pace. They put in an enormous effort in the second half of the race to also finish with a bronze medal. SASI athlete **Ned Kinnear** competed in the Men's Eight where Australia narrowly missed out on a place coming in fourth with a time of 5:32:77.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 17 JULY 2009

- **SASI Update**

SASI rowers had an outstanding weekend at the Sydney International Regatta Centre in Penrith from July 10-12. The two SASI based, Under 23 Australian team crews excelled at their World Cup simulation regatta prior to their departure overseas. SASI coach Zoltan Shepherd was very impressed with the Men's Quad Scull, a crew with two SASI scholars, Olympian **James McRae** and **Matt Bolt** and their superb boat speed. SASI Head Coach, Jason Lane, was also pleased with the progress of his Lightweight Women's Quad Scull who also performed strongly. The Under 23 team are now on location in Racice, Czech Republic preparing to race their World Championship events from July 23-26.

While the Under 23 and Senior Australian teams were stepping up in Penrith, the annual Youth Cup between all the states and New Zealand was also occurring on the Olympic rowing course. While the development boy's team acquitted themselves well in racing, the SA Women's Youth team had unprecedented success, with five SASI athletes in the team - **Mary Connelly**, **Renee Chatterton**, **Olympia Aldersey**, **Emma Basher** and **Christie Shanahan**. Out of a possible nine events, the South Australian women won 7 medals, including three gold.

Renee Chatterton has been rowing for only six months, and this was her first experience rowing on a buoyed course. 19-year-old Renee is a great example of a talent transfer athlete - Renee was a successful swimmer but hadn't made an Australian team after many years in the sport. In January she took her first strokes in a rowing boat and hasn't looked back - she is thoroughly enjoying the team dynamic of the sport and her large VO2 max and physiological talents are well utilised in rowing.

Early this Monday, SASI Junior scholars Peta White and Jess Molsher-Jones jet off with SASI Scholarship Coach Anna Tree to Sydney for their pre-departure camp. After a week of training and racing with the rest of their crew and team in Penrith, they fly out to France on July 27. Their Junior World Championship campaigns finishes with a week of training on the competition course in Brive-la-Gaillarde in the south of France, before they compete from the 4th to 9th of August. All three SASI international crews will be aiming to medal in their respective events in the coming weeks.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 29 MAY 2009

Rowing Update

National Teams training in Adelaide continue to progress well under SASI coaches Jason Lane, Zoltan Shepherd and Anna Tree. The Under 23 crews, the Men's Quad Scull and Women's Lightweight Quad Scull, now have just eight weeks training remaining before they compete at the U23 World Championships in the Czech Republic from July 23-26, 2009.

Zoltan Shepherd has taken the U23 Men's Quad Scull to the Franklin River, Tasmania, for a four-day training camp with the Senior A Men's Quad Scull. The A Men's Quad includes Olympic Gold Medallist David Crawshay and will provide a good opportunity for our U23 crew to test their mettle against the older, experienced crew in training pieces on the water.

The two South Australian Under 19 athletes located in Adelaide continue to train solidly, and will meet up with fellow coxless four crewmates from Perth and Sydney at their next camp at the AIS, Canberra from June 12.

Non-Australian team SASI scholar aspirants are currently completing a five step round of testing on water and land to establish a winter intake squad. Athletes should be named by early next week following assessment of on-water 4.8 km time trial and 2000m racing results, 4 minute step test for VO2 and power in the physiology lab and 6000 metre and 500 metre ergo testing.

Selection for the South Australian Youth Cup team commences Thursday, May 29 with ergo testing and on-water racing. All eligible SASI scholars have applied for the team and are expected to make up the core of group that will compete in Penrith Regatta Centre, Sydney, from July 10-12, 2009.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 8 MAY 2009

SASI at National Selection Trials

The SASI Rowing program has had an eventful April with extensive National Selection Trials and the appointment of a new Head Coach.

Selection Trials for juniors (Under 19), Under 23 and Senior A teams commenced on Easter Monday with the National Rowing Centre of Excellence' (NRCE) ergo testing battery. Those invited to trials headed to Sydney the following week to begin small boat racing with the hope of being invited to stay on for further seat racing.

All SASI athletes made it to the final trialing stage, except for **Anna McRae** who had to withdraw from selection with chicken pox (but not swine flu!).

After nearly a fortnight of racing, crew changes, seat racing and speed order trialing, the three age level Australian Rowing Teams were confirmed, with all due to compete at their relevant World Championships in Europe throughout July and August.

All three SASI coaches, six SASI athletes and two SASI/AIS athletes were selected for Australian teams.

SASI lightweight **Maja Fiddler** acquitted herself well in her first year of Senior A trialing to be named reserve for the highly competitive Olympic boat of Lightweight Women's Double Scull.

Bryn Coudraye won selection in the prestigious Senior A Men's Coxed Eight, while **Laura Osti** is in the Senior A Women's Coxless Four. **Ned Kinnear** is in the Under 23 Men's Coxed Eight. All three crews are training out of the NRCE at the AIS, Canberra.

World record setting, Beijing Olympic rower **James McRae** and fellow SASI scholar **Matt Bolt** head up the Under 23 Men's Quad Scull, with **SASI High Performance Coach, Zoltan Shepherd**, named as crew coach. The quad has two interstate members who have relocated to Adelaide to train out of SASI's West Lakes and Kidman Park rowing facilities.

Juniors **Jess Molsher-Jones** and **Peta White** gained selection in the Under 19 Women's Four, training in Adelaide and also camps at the NRCE, Canberra. **Scholarship Coach Anna Tree** is the crew coach and all are currently at the AIS in an intensive 10-day, 30 rowing session camp.

South Australian, former AIS scholarship coach and High Performance WAIS Coach **Jason Lane** has been appointed Head Rowing Coach of the SASI Rowing Program following

Adrian David's departure after 11 years in the position. Jason has coached numerous Under 19 and Under 23 crews to World Championship medals in the previous six years and commences on Monday, May 11. Jason is coaching the Under 23 Lightweight Women's Quad Scull in this years Australian Team. This is the first time this event has been held at this age level at World Championships, and all four interstate crewmembers have all relocated to Adelaide to train out of SASI Rowing.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 3 APRIL 2009

SASI Rowing Update

Four SASI Junior Rowing Scholars have been invited to attend a four-day training camp for the newly established Junior Elite Target Squad at the National Rowing Centre of Excellence (NRCE) at the AIS later this week. **Olympia Aldersey, Peta White & Jess Molsher-Jones** (**Emma Basher** was invited but was unable to attend due to commitments to the Head of the River competition on this weekend) will be visiting the AIS for the first time and look forward to the intensive opportunity to learn and utilise the facilities in Canberra and test their mettle against other rowers aspiring for selection to the 2009 Junior World Championships in France in August. Accompanied by Anna Tree, SASI Scholarship Coach, the girls will perform NTID testing, have physiology, recovery, video analysis and strength and conditioning sessions, and rotate through crew combinations with interstate athletes.

SASI Lightweight Rower **Maja Fiddler** heads to Melbourne this weekend to train with world champion Alice McNamara ahead of National Team selection in Sydney from April 17-26, 2009. She hopes it will put her in a good position when the all-important 'seat racing' rotation in double sculls begins following small boat performances at the trials.

All SASI scholars going to national selection commence a full week of ergo testing on Monday April 6, finishing on Good Friday! The so-called 'Ergo Test Battery' is a recent initiative of the NRCE to establish endurance, aerobic, anaerobic and maximal power outputs of elite rowers nationwide over this Olympic cycle. Testing begins with a 100m ergo (about 15 seconds) through to a 30 minute effort, with a range of other length/time ergos in between. All athletes hope to perform well in these to demonstrate they have the off water power, endurance and speed ahead of the on water trials the following week.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 27 March 2009

SASI Rowing Update

SASI scholar **Maja Fiddler** has just returned from a five-day camp at the AIS in Canberra. She continues to be ranked well in the highly competitive senior lightweight women's category against a number of reigning world champions. She will go to Melbourne next weekend to train with World Champion lightweight quad sculler Alice McNamara in the double scull (Olympic category boat). In her first season of Senior A

rowing after competing at the U23 World Championships last year, Maja Fiddler has placed herself in strong contention for this years A Australian team.

The rest of the Under 23 and Senior A SASI squad rowers invited to selection spent last weekend training up at Murray Bridge on the river. Training on the river allows High Performance Coach Zoltan Shepherd to coach from a speedboat, allowing far more detailed technical analysis of the rowing stroke. SASI Performance Analyst Tim Rawlins also spent time taking video footage of the elite rowers for viewing on land.

The SASI Junior Women's Four continued their solid preparation for selection competing in the State Championship events held last weekend. Dominating the big boat events with other development rowers from their Club. SASI scholars **Jess Molsher-Jones**, **Olympia Aldersey** and **Peta White** have comprehensively dominated State Championship titles across the Women's Under 19, Under 21, 2nd Grade and 1st Grade categories this season. This weekend they will round out the domestic racing season at the 500 metre Sprint State Championships

ROWING HIGHLIGHTS FOR THE WEEK ENDING 13 March 2009

SASI Rowing at National Championships & Kings Cup Regatta, March 2 – 8

SASI Rowing has had a successful week at the Lake Barrington course in Tasmania. There were weather extremes, - 2 degrees Celsius some mornings, pouring rain, blazing sun and racing cancelled on the Saturday due to boats sinking in the strong cross winds!

SASI scholars came away with 16 medals, plus SARA target squad rower Daniel Ralph won a silver and bronze medal in Under 17 Men's categories. SASI scholars also had another dozen crews in A finals with 4th, 5th and 6th places achieved.

The SASI junior women started the small boat medal count on Thursday morning with a strong showing garnering the silver in the Junior Women's Pair, then Olympian **James McRae** started his gold medal rush in the many finals on the Friday with a well earned win in the Under 23 Men's single scull. He followed this up with gold medals in the Under 23 Double Scull teamed with Matt Bolt and the Under 23 Quad Scull with **Matt Bolt**, **Ned Kinnear** and **Tom Shelton**.

After a two season sabbatical, **Anna McRae** made an outstanding comeback to national level rowing in her events and won a bronze medal in the Open Women's Single Scull. Anna backed up her small boat performance with a silver medal in the Open Women's Double Scull with Olympian Pippa Savage.

Maja Fiddler achieved a great 4th in the Open Lightweight Scull in a field comprised of world champions. Maja also followed her small boat results with bronze in the Lightweight Double Scull and gold in the Lightweight Quad.

After a solid 4th in their pair, Mary Trengove and **Abbie Trengove** won two bronzes in the Under 23 Women's Four and Eight events with Qld and NSW athletes.

Heavyweight Men's sweep rowers **Ned Kinnear** and **Tim Hennessy** achieved 5th in the Open Men's Pair then won silver in Open Men's Coxless Four, while **Tim Hennessy** and SASI Olympian Chris Morgan teamed up with interstaters to win a silver in the Open Men's Quad.

The Under 23 lightweight men of Sam Martin and John Jackson had a great race in the Men's Double to come away with silver.

The Junior Women's Four of **Jess Molsher Jones**, **Emma Basher**, **Oly Aldersey** and **Peta White** had a big win, taking away gold with a 11.5 second margin.

In the interstate Kings Cup regatta racing on the Sunday, South Australia came away with a bronze medal in the Youth Women's 8. Anna McRae in the Nell Slatter Cup came 4th in a strong field, while the Kings Cup VIII missed a bronze medal by a heartbreaking 0.67-second margin.

Fifteen South Australian athletes will attend National Selection in Penrith in April following the release of an invite list, including four who are now training at the AIS in Canberra.

ROWING HIGHLIGHTS FOR THE WEEK ENDING 6 February 2009

A busy January for SASI rowers

SASI Rowing had a busy January with camps and regattas preparing for State Championships, National Titles and National Selection.

HP Coach Zoltan Shepherd took the Senior Scholarship Squad away to Canberra for a 16-day intensive training camp. The SASI squad worked well with AIS and ACTAS squads to enhance training opportunities and check out this season's competition! They used ACTAS and AIS facilities, trained alongside some AIS crews on-water and had visits from SASI Sports Science staff Pitre Bourdon and Matt McGregor on camp to help out.

Meanwhile, younger development rowers on the Youth Olympic Team headed up to the Murraylands with Scholarship Coach Anna Tree for a fine-tuning camp in preparation for racing the following week in Sydney. Nine SASI scholars were part of South Australia's team for the AYOF 2009. It was their first AYOF for all of them and they soaked up the experience of interacting with Athlete Ambassadors such as Olympic gold medallist David Crawshay. They also seized the opportunity to put their international and interstate competition on notice for the coming years with strong performances in both small and big boat categories across the regatta despite the teams' relative youth. After a strong showing by Great Britain, New Zealand, Victoria, New South Wales and Queensland in the heat, it was clear the final was going to be hot. True to form, just over one second separated the six final crews after the first 500 metres. The Women's VIII comprised of seven SASI athletes showed rare form, winning the South Australia's first ever medal in the eight-oared event at the AYOF.

On return from Canberra and Sydney, the SASI squad continued high volume January training, and completed the new Rowing Australia ergo testing battery that has been implemented. The ergo protocol involving a total of six test on the ergo over a 10 day period is designed to test all aspects of an elite rowers maximal power, anaerobic

threshold and aerobic capacity. Comprehensive data is expected to be collected and tracked over this Olympic cycle in the lead up to London. It is also hoped it will provide a more cohesive and informed part of selection and training methodology for the National Rowing Centre of Excellence. Most SASI rowers achieved personal bests in this testing - a good indicator of the consistent hard work they've put in over the summer.