

WORD FROM THE CAPTAINS

Welcome to the first instalment of the new Melbourne University Boat Club newsletter! In this first issue we detail the exciting recent changes to our club's structure, revisit key events from last season and discuss some of the many things to look forward to. We have also included articles about various club members who have kindly shared the stories of their rowing journey so far. Thank you to everyone who has contributed towards the production of this newsletter.

We would also like to say thank you to the squad leaders who have volunteered to fill positions for the 2015/2016 season. These members will act as representatives of the many groups of rowers we have at the club, and help to coordinate various activities throughout the year:
Senior Athletes: *Indi McKenzie*, Club Athletes: *Shane Usher*, Youth Women: *Elise Franetic*, Youth Men: *James McCann & Alistair Cunningham*, Masters Women: *Meredith Williams* and Masters Men: *Tom Wood*.

Wishing you all a good start to the 2016 season and happy rowing!
Hedda & Chris (Club Captain & Vice Captain)



INTRODUCING...



*Prue (right) & Bert Cocu (coach)
at the annual dinner*

*Rick and his lovely partner Mika
arrive at the annual dinner*



Prue Ottey

General Manager Operations

Prue has previously worked for an international publishing firm where she was responsible for establishing and growing business operations in Australia and New Zealand. She has worked with institutional, private and government stakeholders. She is experienced in business development, strategic planning, stakeholder management, budget preparation, financial and tax reporting, recruitment and corporate governance. These wide ranging business management skills will be vital in establishing a sustainable and successful business model for our boat club. Prue will drive all aspects of the business side of our club operations to ensure that MUBC remains financially robust and is able to offer all of our members the support and opportunities they need to fulfil their rowing aspirations.

Rick van Hooydonk

Head Coach

Rick has previously coached at Sydney University Boat Club, National Team Hong Kong and from 1988-2008 as a crew coach for the Dutch National Team. As an engineer Rick has also had a successful career in a range of industries from shipping to property and business management. Rick came to rowing at Delft University in Holland. Holland's successful rowing program is founded on the self-direction of student rowing. We know this well, as many of us have had to race hard both in defeat and sometimes in success against Dutch teams. They punch well above their weight and row intelligently and with a strong will to win. We look forward to moving forward under Rick's direction as Head Coach.

ANNUAL DINNER 2015

The 2015 Annual Dinner was a huge success. As always, it is a fabulous opportunity for club members; youth, club, elite and the 'elite elite' to reflect on a great year of rowing just past, as well as engage in a late night boogie for some! Thank you to guest speaker Will Lockwood for his great insights into his journey to the top of men's heavyweight rowing in Australia, and for sharing some of his learnings along the way.

Congratulations to our 2015 club award winners:

Kim Crow - Best Oarswoman
Karsten Forsterling - Best Oarsman
Alice Arch - Most Improved Female
James Mcann - Most Improved Male
Sarah Ben-David - Best Coxswain
Pamela Whiting - Best Master
Shane Usher - Best Club Person
Isaac Smith - Club Captain's Award

Alice Arch & Indi McKenzie





Will Lockwood (left) celebrating a silver medal in the Mens 4 at World Champs.

This season MUBC has enjoyed some extraordinary international results. 2015 MUBC Oarswoman of the Year, Kim Crow, started her international campaign by winning World Cups 2 & 3 in Varese and Lucerne, respectively. She then reaffirmed herself as the world's top female sculler, winning the 2015 World Championships in Aiguebelette, France. Will Lockwood and Karsten Forsterling took out the silver medal position in the Men's 4 and Quad respectively and in doing so, establishes them as strong medal contenders heading into Rio 2016.

INTERNATIONAL RESULTS

Congratulations to all MUBC representatives at the World Championships this year:

- W1x Kim Crow (Gold Medal)
- LW2x Alice McNamara
- W8+ Lucy Stephan, Georgie Howe
- M4- Will Lockwood (Silver Medal)
- LM4x Jono Hookway, David England (Coach)
- M4x Karsten Forsterling (Silver Medal)
- M8+ Josh Booth, Sam Hookway, David Webster

Chloe Betts raced as a member of the junior W8+ whilst managing her final year of VCE studies, and was coached by MUBC coach Annabelle Eaton. The crew placed sixth in the A final, racing on the stunning course in Rio de Janeiro which will play host to the rowing in the 2016 Olympics.

Sarah Ben-David, winner of MUBC's 2015 Best Coxswain, represented Australia as part of the U21 team. She coxed the W8+ in races against the U21 New Zealand team, held on both Sydney International Regatta Centre in Penrith and Lake Karapiro in New Zealand.



Bert Cocu, Hedda Cooper, Claudia Zuchelli and Alice Arch in Korea

This year we also had three athletes compete at the World University Games held in South Korea. Alice Arch raced as a member of the lightweight women's double scull, and coached by MUBC coach Bert Cocu. Hedda Cooper and Claudia Zucchelli raced as part of the women's coxless four. Congratulations to Bert and the girls!

LOCAL RESULTS

Back on home soil, MUBC has enjoyed wonderful success along the Yarra and beyond.

The Australian Masters Championships in Penrith brought home an astonishing 18 gold, 14 silver and 2 bronze medals from a total of 47 events; a fantastic achievement!

Melbourne played host to The Australian Boat Race in 2015 with the women's crew storming home to an impressive 7th win.

This was preceded by outstanding performances at the Australian University Games in Adelaide which saw a Melbourne university crew boat in every category. The women's team took out five of the seven events and was awarded named 'Team of the Year' by both Melbourne University and Australian University Sport.



Club Men getting into the Head of the Yarra spirit!

Head of the Yarra was a fantastic day for all with thirteen MUBC crews entered. An enormous congratulations to the Male Open crew who took out the win and set a new course record in the process.

A quick special mention to Female Masters D Division for a gutsy row and a fantastic win.

KEEPING UP WITH...

Alice McNamara

In 2015, this pre-Olympic year, I competed for Australia in the LW2x. It's an honour I will always appreciate; to represent your country (from your club and your state) and to have the opportunity to sit on the start line in the high-quality international LW2x field. It's an exhilarating and phenomenal experience, and I absolutely love the racing.

Unfortunately the racing, in many ways is the easy part, and my campaign in 2015 was a challenging one, one that we can take more learnings from and create a plan to execute towards Rio, while we still have the time.

It's much harder to discuss the campaigns that didn't go well, the outcome of ours being that we are yet to qualify. We were 4th in a blanket QF race where only 3 progressed to SF A/B (11 of those 12 semifinalists qualified for Rio). Coming 4th by the smallest of margins eliminated us from the key races, and we watched while many crews we had beaten across the year, even the day prior, booked themselves a berth for Rio.

Our preparation was hampered by a number of things, and these accumulated to have us not being "bullet-proof" on the wind to the line in Aiguebelette. One was a back injury of my partner Ella and we had a few other flow-on challenges. We all take responsibility for "hoping" it would be ok, but the fallibilities were probably overlooked by our small team and indeed the wider team. But all is not lost, many of the hiccups are easy fixes and already things look up for 2016. There is just more fire in the belly to get it right!

Our final 6 weeks of preparation was done in Spain. We were based in a tiny tiny town of Laias, 20km from Ourense in the northwest, about 100km north of the border of Portugal. Half of the Australian Rowing Team was based there while the other half remained in Varese. We had come off an A final performance in Lucerne, 1 second off a bronze on limited time in the LW2x. Our training partner boats Sal/Oly in the W2x and Gen/Molly in the W2- were organised to do lots of work side by side with us on the River Mino. There was a lot of weed on the course, which made work difficult, so most of the competitive pieces were done on another straight stretch of water. The varied river flow made boat speeds inconsistent, i.e. when they opened the dam, and sand banks made river depth incredibly varied. True speeds were hard to judge, so relativity to other boats was our mainstay. Unfortunately it resulted in us all being a little in the dark as to speeds going into the worlds. A fabulous long distance training venue, but perhaps not ideal for race preparation. When we could get out on the road bikes, Drew Ginn had us puffing and panting trying to hang onto his wheel up the Spanish climbs. At least the golden vineyards and tiny tapas houses were a distraction! So, our preparation time was bittersweet, but I learnt a lot about myself in that pocket of isolation in Spain.

We then traveled to the worlds in France. Aiguebelette itself is an incredible lake and it was so great to have many MUBC members there to cheer on the team. The turquoise waters give the appearance it would be so light to row on, but it's deceptively weighty on the blade face. It feels actually more like Carrum, and when the wind blows up on the French lake, even more so!

Anyway with season 2015 behind us we now shift our focus solely to find a combination fast enough to represent Australia in Rio (August 2016) and bring home a medal. Australia has the talent to boat a world-beating LW2x, and I hope to help lead the charge! We have had two camps so far with Bill Tait and Ellen Randell coordinating the group, and the speeds are very promising.

The most wonderful part is that I can now get a chunk of training done at MUBC and the VIS, and prepare myself well like we always manage to from Victoria. Thanks to the best club in Australia that tries to, and does achieve many things. It is an absolute inspiration to come down and work alongside you all every day.

Keep it up, Go Uni!

Mac



On the 26th of November, 30 people gathered for the MUBC 50+ reunion lunch. It was an opportunity for those who had rowed at the club several decades ago to catch up with one another and get an update on the club's progress and its vision for years to come. Guests heard from Andrew Micheltore, the Chair of the MUBC Foundation, about this vision; from Peter Antonie, the club's President, about our current activities and the exciting year ahead; and from David Webster, coxswain of the Australian Men's 8+, about what it takes to be at the top of the sport in 2015 looking towards the Rio Olympics. It was a lovely day enabled by the generous efforts of club volunteers and the MUBC Foundation. We hope to host more events in 2016 where club members past and present get a similar opportunity to catch up with those they row and once rowed with.

Monica McGauran



50 Year Reunion



FEATURE_Patsy Montgomery

Some 20 years ago when driving along Alexandra Ave I thought that rowing looked such an idyllic thing to do. Thanks to my friends Pamela and John I was introduced to rowing. Hence my scull is called "The Whiting". Geoff Sykes always calls it "The Wuthering"!! Learning to row as an oldie is a frustratingly slow process.

A small group of rowers banded together known as OARS Inc (old age rowers) and bought an 8 from Scotch College, first housed at MUBC and then MRC.

When I joined MRC the Masters Women's numbers were growing. We were lucky enough to find coaches and the standard of rowing improved. We started competing and were successful, probably due to lack of competition! Pamela and I bought a scull called "A Touch of Class" mostly known as "A Touch of Ass". Pamela and I also had a double, "Glen Alsop", named after our friend and cox, which is still in the MUBC stable.

I also bought an old shabby quad, had it refurbished and named it "Hilary Poole" after one of our coaches.

Some years ago Pamela and I joined MUBC and were the only active female masters members. Then a group from the Alan Mitchell Club joined MUBC, which swelled the numbers. The Masters group have been very successful both here and overseas.

Rowing has given me a great deal of pleasure, kept me fit and the camaraderie at the club is wonderful. To be surrounded by incredible athletes, young and old, rowing on our fabulous Yarra River in the city is a joy.

I have been fortunate to have had many young aspiring rowers living in my home over the years. From interstate and overseas, Italians and Austrians; try having a heavyweight boy trying to be a lightweight and an overweight heavyweight girl living with you for 3 months!

I have been lucky to have competed successfully in most classes of boat. It is always a thrill to win in my scull, but unfortunately my age division (H) is light on rowers. Probably my claim to fame is being in about 15 winning HOY crews. Age has helped me to get a seat in the 8s.

I love rowing and MUBC, but most of all I love coffee at Southbank with all my mates.

Patsy Montgomery

GENERAL NOTICES

@MUBC_

Make sure you're 'following' our
instagram for regular updates
and be sure to tag us for a repost
#yeahuni



MUBC Website

The MUBC committee still strongly supports an interesting, informative and accessible communication channel via our website in this time of social media growth. It is the primary avenue for member documentation such as Policy and a vital means by which prospective members, parents and supporters can judge our club. A small sub-committee of interested members maintain the site and can be contacted with suggestions for improvement.

Cinema: the treasure trove of movies covering 60 years of rowing at MUBC filmed by Harvey Nicholson (1955-84) and Michael Nicholson (1978 - present). The web page can be found on the website under the "MUBC Cinema page. Many thanks to Michael for the restoration and conversion of the old 8mm film to digital and the making of recent films many of which are feature length.

Locking Up

Please remember that if you use the club-house past 6pm, or when you depart at any time of the day and are the last person in the shed you must lock up the entire clubhouse. This means turning off lights, fans, closing windows, balcony doors, and ensuring that all speedboats and other equipment is placed in the bays and the door of each bay are securely closed.
Thanks



MUBC needs you!

We all know that cursing Boat Race Officials is a national pastime, but Rowing Victoria places a requirement on competing clubs to assist the running of regattas. They do this by reviewing the entering clubs and posting requirements for Level 1 officials prior to the regatta (currently ROMS). Failure of a club to supply an official will incur a \$200 fine. MUBC can expect this requirement at most regattas we attend, particularly as we do not have regular Level 2 volunteers unlike many other clubs. For many years the same small group have volunteered their time to carry out the role which can be judging, crew marshalling and control, dependant on venue.

To obtain a Level 1 qualification, the volunteer needs to attend a 1-2 hour training course; rowing experience helpful but not mandatory.

It is unfair to expect coaches to fulfil this role as their primary concern are our crews. An ideal volunteer would be a parent who is attending anyway to watch the racing. Sadly we cannot predict exactly when the volunteer will be needed, but most likely where a sizeable club squad attends.

Please consider assisting the club and volunteer for a training course (weekday evening by arrangement) by emailing Greg at secretary@mubc.asn.au.

Greg Longden (Club Secretary)

*Ideas and submissions for the website and news items always welcome
and can be submitted to Greg Longden (secretary@mubc.asn.au)*