



Newsletter # 2

August 04

Welcome to the latest news from Rowperfect – not a routine newsletter (it's been some time since the last one!) but circulated when we feel there's something worth sharing – we think you'll find it informative rather than irritating.

Australian Coaches Conference, Melb; & Sydney Rowperfect Users Seminar

We will certainly be at the **Coaches Conference** in **Melbourne (October 1-3)**, demonstrating Rowperfect, and answering your questions .

We will also be presenting a short seminar on the Rowperfect at **Leichhardt Rowing Club**, on **Saturday, September 4**. Cost **\$20/head** (incl food & contribution to LRC. The seminar aims for you to get the most from your Rowperfect. I will take everyone through setup, maintenance, and using the interface. We'll conclude with a discussion of possible sessions you can consider doing on Rowperfect, and off-water training in general.

At the conclusion of the seminar we'll teach those interested how to adjust a Rowperfect properly.

Testing on Rowperfect

People often report using Rowperfect for technical, endurance and strength training but revert to CII for testing. 3 major reasons emerge for this pattern:

- ✦ **Comparing results** with others
- ✦ **Fear of change**
- ✦ **Familiarity**, and the ease of using an LCD rather than a computer link.

Let's consider those points in view of 7 years' experience testing rowers on Rowperfect:

- ✓ **Comparisons**
We have found Rowperfect calculations to be extremely accurate & reproducible, particularly regarding weight correction. * This enables us to select the **true boat movers** in a squad. In this year's Pymble Eight, crew members varied between 57 and 82 kgs bodyweight, but the 2000mtr times varied by less than 15 seconds. **We have also found the crew average score to be an extremely accurate indicator of likely success.** We record split times every 500m during testing; each athlete is able to see where she could improve, with a high degree of accuracy. The testing time is then expressed as a % of Prognostic Speed for the class of boat tested (we always use the 8+ setting) **exactly as is the case for results at all ITC Time Trials and major championships here in Australia.** For us, this gives us more than enough ability to compare with "others" – the results speak for themselves.

As an example, the 2001 Pymble crew averaged 6'32" in Rowperfect testing. In the final of that year's Australian Nationals, held in a tail breeze on warm

water, this was the **exact time** they achieved when placing 2nd to an exceptionally talented Geelong Grammar crew. That crew's average height & weight were well in excess of the Pymble crew's – so, as we know, a good big crew will probably beat a good light crew – but only by around 2 seconds, not by the 20 or so seconds which will show on a CII test.

- ✓ **Fear of change**
the only argument I can advance here is this: **fortune favours the brave**. But after you read the accompanying article on the basis of Rowperfect's calculations, you'll realise that you don't need to be brave after all.
- ✓ **Familiarity & ease of use**
an LCD display will make life easier – no argument there, and we are working hard to bring that idea to market. But please: don't forget that an **LCD will never have the capabilities of a large computer**. Just the screen size of a computer gives far greater feedback to your athletes. Again, I can only tell you that the **results are worth the extra effort**. When you are dedicating 100s of hours toward the goal of producing a good crew, isn't it worth an extra minute or two to set up a genuinely accurate testing procedure?

*See Article on Weight Correction on the Rowperfect by Casper Rekers

Rowperfect Maintenance

Please remember to clean your Rowperfect regularly – preferably wipe with a clean lightly oiled rag after **each** session. **Every 50 hours** or so; remove the main arm and thoroughly clean the interior as well.

Elastic ropes need replacing about every 5 years – more often if you leave the machine in an exposed area, or **fail to leave the handle at the cage between sessions**. We can supply you with the elasticized rope, or replace yours here in our service area. Rowperfect software includes a factor for this particular rope (use of another type will render the results invalid due to the different tension/resistance).

An annual readjustment of bearing tension is also a good idea – download instructions from our website, or arrange transport to us for a thorough service if in doubt.

*Before dispatching your Rowperfect to us: please contact us for instructions on what to send, and how. This applies to all servicing – it is particularly important to remove the flywheel **before** transporting your Rowperfect. The weight of the flywheel will bend the shaft if the machine is dropped or topples over, resulting in a shudder during the recovery. Shafts can be replaced, but they are an expensive item and replacement takes up to 1 hour*