

December 2017

New YouTube Links

Ivanov - The Long Lift

Assumed Body Weight on C2 vs Actual Body Weight on Indoor ScullerMusic



NEW - Awesome In-Boat Video plus "Introduction to Rowing" YouTube Links

Back in 2004 we made some wonderful in-boat videos of the Australian Mens' and Womens' Olympic Eights in training. We also made an "Introduction to Rowing" video using some of the footage, which has been used with success at several schools' Introduction to Rowing/Recruitment nights here in Sydney. Many times over the years people who have seen the footage have marvelled at the quality of rowing in these videos, as well as the value of the sound recordings for coxswains. I've meant to upload to share on YouTube for a long time, and we've finally done that - hyperlinks below.

The camerawoman and editor was Mel Macpherson, who has since become famous for her skiing, sailing and surfboat "stack" footage, much shot in the water or from other innovative viewpoints. I had the privilege to coach Mel as a schoolgirl in the late '90s, and she later became the first person - i.e. male or female - to win four successive Australian Surfboat titles.

The in-boat 2000m pieces and the 4 minute hi-rating piece are particularly useful for synchronous rowing on the Indoor Sculler.

I'd like to dedicate the footage to all the wonderful rowers you see in the Australian squad from that memorable year, and in particular to Sarah Tait (at that stage still Sarah Outhwaite) who has since tragically passed away; she's in the bow seat in the 4 minute piece and the step rating piece. As you will see, she rows with great precision and consistency and it's little wonder she went on to win a World Championship in the Eight in 2005, captain the Australian Womens' Rowing Team in 2008 then 2010-11-12 (taking a short break in 2009 for the birth of her first child), and then win a silver medal with Kate

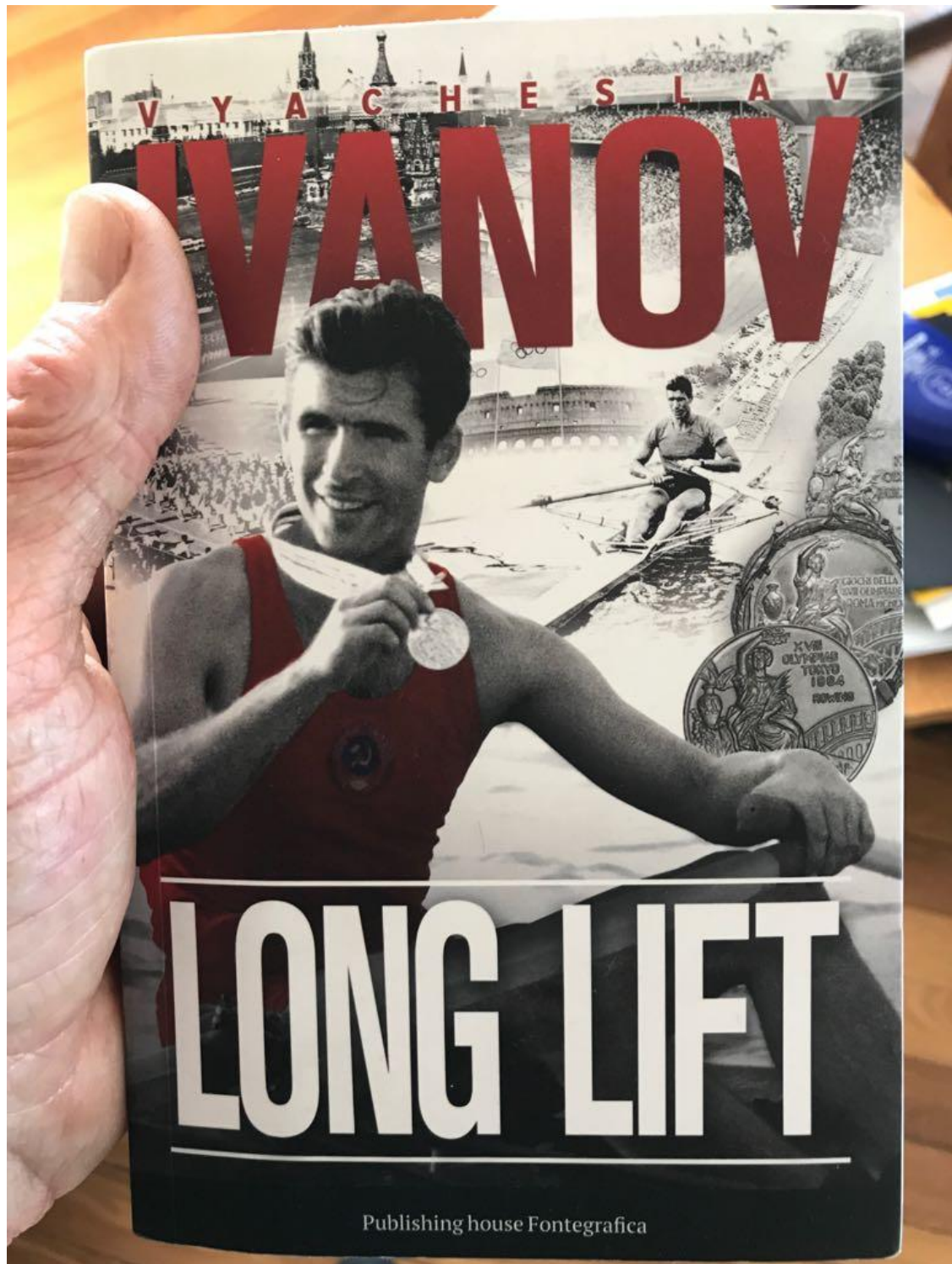
Hornsey in the Womens' Pair at her third Olympics, at London in 2012, where she became the first-ever mother to represent Australia in rowing at an Olympics. Vale Sarah.

[Introduction to Basics of Rowing](#)

[Australian Olympic Womens 8 2004 High Rate 4 min](#)

[2004 Australian Olympic Mens 8 2000m SIRC](#)

[2004 Australian Olympic Womens 8 2000m SIRC](#)



Ivanov Long Lift

After my recommendation in the last newsletter, we had several enquiries from people who were interested but were struggling to obtain a copy. It turns out the English version initial print run was only 500 which sold out very fast. After enquiries, Maria at the English Rowing Club in St Petersburg contacted Alex Konovalov who confirmed a new print run should be available through Amazon before

Christmas. I can't think of a better Christmas read for anyone who likes rowing, sport, history - or just good writing.

As a perspective on Russian sport through the Cold War era, and the life of "an ordinary Moscow working guy" during that period, I found *Long Lift* compelling. The fact the "guy" just happens to win three Olympic Gold Medals really is just one aspect of the book. Purely as an account of a man who thinks clearly and objectively, doing his own thing on so many occasions and, as just one result effectively re-invented sculling, it's worth reading. Holy writ in rowing still says a guy of 77kg doesn't win the Olympic title; it seems Ivanov didn't read that part of the instruction manual. Check out his times, using a wooden boat and wooden oars: under 7 minutes for 2000 metres - that time in that equipment would still be outstanding today. His personal history, losing both his father and his beloved older brother in the late stages of WW2, fighting the same foe we in the west were fighting, made me think yet again how crazy the Iron Curtain really was; how can we fight together and win, and then end up end up on opposite sides? Surely it's not possible our governments weren't giving us the full truth? As Albert Einstein said "If you can't trust the governments of the world - who can you trust?" *. And Ivanov's attitude to entrenched bureaucracy will resonate with - well, with a large proportion of the population.

In an age when sports "academies" are becoming the norm, we could learn a great deal about what to avoid by taking just a few notes from Vyacheslav Ivanov's experience. Several times he refers to the damage done to sportsmen's lives by the failure to prepare them for life after sport, and the factory-style production system which chewed them up and spat them out - does that sound familiar? The anecdote which opens the book, describing a young boy asking how he might "find his own way" is excellent too.

As I say: worth reading

*that's a quote from the Tasmanian Albert Einstein, who spit the beer atom and thereby invented bubbles in beer, not the better-known Albert Einstein from Princeton/Germany/Switzerland. See the movie "*Young Einstein*" for a deeper understanding.



G. Williams (On Machine), Ted Curtain (Standing), Professor Cotton (Standing), Peter Evatt

These photographs of Professor Cotton and members of the "Guinea Pig" crew he selected and trained were taken at Leichhardt Rowing Club during the build-up to the 1952 Olympic Games, where four Leichhardt men formed the nucleus of the crew which won the bronze medal in the Men's Eight. Professor Cotton, himself a champion swimmer in the 1930s, recruited and then trained the crew (whose diverse sporting backgrounds ranged from 800 metre running to beach sprinting) based on physiological principles. In particular he advocated a heart rate of 180 beats per minute (those members of the "Guinea Pigs" who also fondly recall his mantra "Give 'em 180!")

The machine the men are rowing on was designed by John Harmon (later Professor John Harmon of the Department of Engineering at the University of New South Wales) and built by Ted Curtain (J.R. Curtain Engineering), who were both members of the squad. It was developed from an original ergometer designed and built by Professor Cotton, and was often referred to as the "Cotton Machine". It became world famous for its accuracy and fairness in selecting rowing crews, and at least eight pairs (one with the "bar" on each side) were exported to the USA.

The 230 kilogram flywheel was braked by a resistor system, the braking force applied being proportional to the rower's mass. These machines remained in popular use, especially in New South Wales, until the early 1980s when the development of lighter, more easily transported rowing ergometers superseded them.

Proudly presented to AIS Physiology and Biomechanics in honour of Professor Cotton's commitment to objective and accurate research in Australian Sport by Rowperfect Pty Ltd, with thanks to Leichhardt Rowing Club for providing both the photographs and historical records.

Assumed Body Weight for Testing in Rowing - the definition of insanity?

I'm grateful to Harald Jahrling for first teaching me the old maxim "To continue to do the same thing and expect a different result is the definition of insanity". I will never understand how we've sat by and allowed assumed bodyweight to become the standard for testing. It's not only Concept 2 (which assumes a weight of around 95kg), and it's certainly not their fault that we've turned our collective brains off. But for rowing in particular, failing to include the correction factor for weight as part of the standard display is insane.

Firstly it's easy - the mathematical basis is well established (it's on our website); it could be incorporated in any microprocessor with minimal trouble. Secondly, if you're interested in pure power (watts) that's fine - they're still available on any decent ergometer. On the other hand the penalty imposed on a 77kg rower (Ivanov's exact weight for example) compared to anyone closer to the 95kg mark is significant; and when we get to lightweight women it's simply absurd. Consider: a scientifically-based brake using a weight on a cantilever was the first thing John Harrison added to the machine he designed, and Ted Curtain made right here in Australia for Professor Frank Cotton. They simply could not imagine building a machine for accurately testing rowers which didn't incorporate an extra drag penalty for larger athletes in a sport conducted on water. That machine, which is the basis of all accurate ergometry for all sports, was produced from the late 1950s! We really are crazy ☐



Music: All-Australian

After a month when we lost both George and Malcolm Young, the list had to be all-Australian.

- From George and Harry Vanda, ***St Louis*** is sensational - but then so are all three parts of the ***Evie*** trilogy, ***Love is in the Air***, ***Hard Road*** (Stevie Wright sang it, they wrote it), ***Yesterday's Hero***, ***Lazy River*** and many more.
- From Malcom's incredible rhythm guitar: so many tracks from AC/DC. He left St Mary's Cathedral here in Sydney (see my picture above of Angus loading Malcom's guitar beside his brother) to the unforgettable strains of ***Long Way to the Top*** so that has to be my recommendation. Side note: my son Angus played snare drums in the pipe band which headed the procession away from the cathedral. His twin David wasn't in the band that day, but from their initials you can probably guess AC/DC's music has played a large part in our family life :-)
- ***I Ain't Gonna Eat Out My Heart Any More*** - we lost Geelong girl Chrissie Amphlett of the Divinyls back in 2013, but with tracks like this one we'll never forget her.

- **Shiver** by Jenny Morris (New Zealand-born but here since 1981, so she's one of us now!). Thankfully Jenny is still alive and well, though due to spasmodic dysphonia, a rare condition affecting the laryngeal nerves, she no longer sings publicly. Luckily we have recordings like *Shiver*

All the best, Mark (Campbell)

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**Regards and all the best for
Christmas and the New Year
from the Rowperfect "crew"!**

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