

**From:** James Burton <jbu@nudgee.qld.edu.au>  
**To:** marc@kurandaindustries.com.au  
**Subject:** dash reference 1st draft  
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to whom it may concern

My name is James Burton. I am the head rowing coach of Nudgee College. I was a member of the Australian Rowing Team at the sydney olympics and rowed the single, double and quad scull for Australia at senior A level.

### **Character**

Put simple Dash is a coach's dream. He asks the right questions, responds when given advice and is meticulous in his preparation. He refuels during sessions, he comes early and get his (and others) equipment ready before sessions. He stretches before and after sessions. In the weight room he is a beast for his weight: squats, chin ups- extremely strong [*insert kg if necessary*]He is ridiculously professional in his approach for any athlete, let alone a school age athlete.

He is an introvert. However, Dash has an amazing laugh. I hear it and see how it changes the group dynamics just by his bellowing laugh. We had a vote for Captain of Boats. There were 9 votes- 8 voted for Dash, 1 voted for another boiy. The boy whop voted for someone else was Dash.

### **Coachability**

Dash had several technical issues this year. Relaxation during the stroke and missing water at the catch. He was able to gradually relax and was persistent to see video and see if he could identify more relaxation on the recovery. His catch slip measured by PEACH TELEMETRY went from above 12 degrees to below 5 degrees. Olympic level catch slip (300 Newtons of force applied before 5 degrees from max catch angle).

### **Academics**

I am a Maths Teacher at the college and enquire about the rowers among my colleagues. The reviews I get on Dahs' class performance are paralleled from what bl see at the rowing shed: disciplined, respectful, and curious.

I know a bit about the college system in the USA, and know enough to know that Dash would flourish in that environment and make the university proud and the rowing program stronger.

### **ATHLETIC PERFORMANCE**

We dont do many ergometers at Nudgee. We mainly train in single sculls and sweep. Technically Dash is outstanding. On the ergometer he pulls a 6:25 for 2000m @ 79kg, I have no doubt he could go closer to 6:10 with some ergo specific training but that isn't what our program is about.

If Dash wasn't so committed to the school program I have no doubt he would be rowing for Australia in either a sweep or sculling boat class. He is the Sculling Champion at school for the last 3 years.

### **I STRONGLY RECOMMEND DASH FOR ANY OPPORTUNITY YOU CONSIDER HIM FOR.**

You will not regret selecting Dash Withnall.

Kind regards

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*We acknowledge the Turrbal First Nations peoples of the lands and waterways we know as Nudgee.*