



Initially Kane was scouted with the SASI Talent Identification program in 2012. It was recommended that he try rowing, and that led to training with Daren Potts as part of a small group of 5 at St Michaels College, not an official rowing program, who borrowed boats to learn to row. After the summer period, Kane became a member of Adelaide Rowing Club for their winter training program and moved to Prince Alfred College in 2013 to row under now-Australian Coach Andrew 'Doc' Randell. In his first season with the school, Kane wanted to extend his rowing ability and joined the Pathway program in its inaugural year to form a coxed four with 4 other school athletes. Though there was a development boat sent alongside Kane's, the five like-minded boys wanted to have a real crack at trials and came away with a second place. Kane returned to the Pathway program the following two years in different boat classes.

When asked what keeps Kane motivated, he jokes that the cold is a hard adjustment to make after rowing in warm Europe over our winter period. He enjoys rowing with his mates at local regattas during the season and having fun, however, after making his third Australian team this year – his first World Championship team – he recognises the joy that goes with pulling on the green and gold at the end of a season. The chance to go further, grow and explore greater opportunities allows him to continue to push himself.

One such opportunity presented itself when Kane was on the European racing circuit earlier this year and he was "lucky enough" to race as a Senior A world cup men's 4- crew in Lucerne, Switzerland. This provided an opportunity for Kane to race world champions, Olympians, medallists of the event. Of this experience he said:

"Nothing was really expected of us, so we went back to really being able to have fun with it. There was no pressure or demands for us to be in an A- final – so I can go ahead, I can have fun – if I do well I do well, if I don't I just make sure I take something out of it. I think that's the key – make sure whether [the result] good or bad you take something from it and let that help further your abilities."

The team dynamic is important in crew rowing. At club, state and national level, there are different energies. Within the club, Kane's experience has always been that the athletes all support one another; in the smaller group of SASI athletes he finds 'team' really important as "it can be a lonely sport sometimes if you're out there in the single, but it makes it all worthwhile when you get out there and you get in your eight and you're flying down the course". The Australian rowing team is the next step again from what Kane experienced the world rowing circuit – "they're really big on one team, one goal, and make sure everyone's on the same page".

Role models? It has got to be local legend Alex Hill.

"Coming from the same school, same rowing club, he is just a bloke that constantly stepped up and was always doing one better than people his age group – goes to stroke the Rio four in his first Olympics to a silver medal. Most people go years or multiple Olympics without getting a medal and he gets it in his first year."

He also acknowledges Robbie Manson, the new men's single sculler from New Zealand. The impact came when Kane watched Robbie secure the single from Olympic Champion and team mate Mahe Drysdale in Lucerne:

"Teaching toughness – you can teach people to go fast, but when it comes down to that last 250 metres and you need to dig in that little bit more and you're being asked for an extra step – you can't always teach that... He steps from 600 out. That's a long way to go."



Kane credits his coaches – in particular, Daren Potts. He says he owes his rowing career to Daren as he is the one who got him started, and never asks for anything in return. He honours Daren as an advocate for the sport and simply states, “I’ve got a lot of time and respect for Daren”. His school coach Andrew ‘Doc’ Randell shows a strong personal connection still, with calls every few weeks to check up on Kane. Last but not least is Jason Lane, the SASI head coach – “Jason’s there for me.”

Kane’s move to the Australian team started with then-pair partner Tim Santin jumping in the boat together for the first time 4-5 weeks out from the national championships. He jokes that they almost missed the semi-final since neither of them reset their watches to Sydney time. Kane says when he realised what was happening, “Tim and I looked at each other and thought ‘we’re bugged’”. However with the extra adrenaline boost they ended up winning their semi-final, and in the final came third – pipped on the line with a photo finish.

“It just shows you can’t really give up. I think we dropped 15 seconds between first race and last race or something like that ... and we got an invite to trials. ... [Pathway] opens up opportunities for bigger crews – but actually being spotted by Rowing Australia and saying, “hey, we think you have potential, come and trial”, that’s pretty big.”

When asked what his ultimate goal in rowing is, Kane talks about the Men’s Four, Olympic Games.

“It’s just a boat of power and finesse. The eights are just flat-stick, it’s the big V8 engine and just go as hard as you can, but the four there’s technique and spirit behind it, and a bit of beauty about it.”

The shift to full-time athlete as an Australian representative has not been entirely smooth for Kane, balancing full time university and a heavy training load. His number one tip? Ask for help!

“Ask your parents, ask your friends – whoever you trust the most. In every situation – if someone can help you with that situation, ask them for their help. Just make sure you talk to someone. They don’t necessarily have to be going through it as well, but if they can give you the hand, take the hand. ... I don’t know where I’ll be in ten years, could be on top of the world, could be done, but you’ve just got to take the opportunities where you think they arise.”

So what is next for Kane? He works on a simple goal-by-goal basis. “First goal is Kings Cup, make trials again, U23 worlds. Also put my name in for the national training centre and senior team.” The Reinhold Batschi Men’s National Training Centre is for senior athletes, and as Kane is still Under 23 he does not see the down side with putting himself forward. “[You’ve got to] give it a crack, and it won’t be the end of the world for me if I don’t make it. I’d find where I am ranked amongst the seniors and just work from there.”